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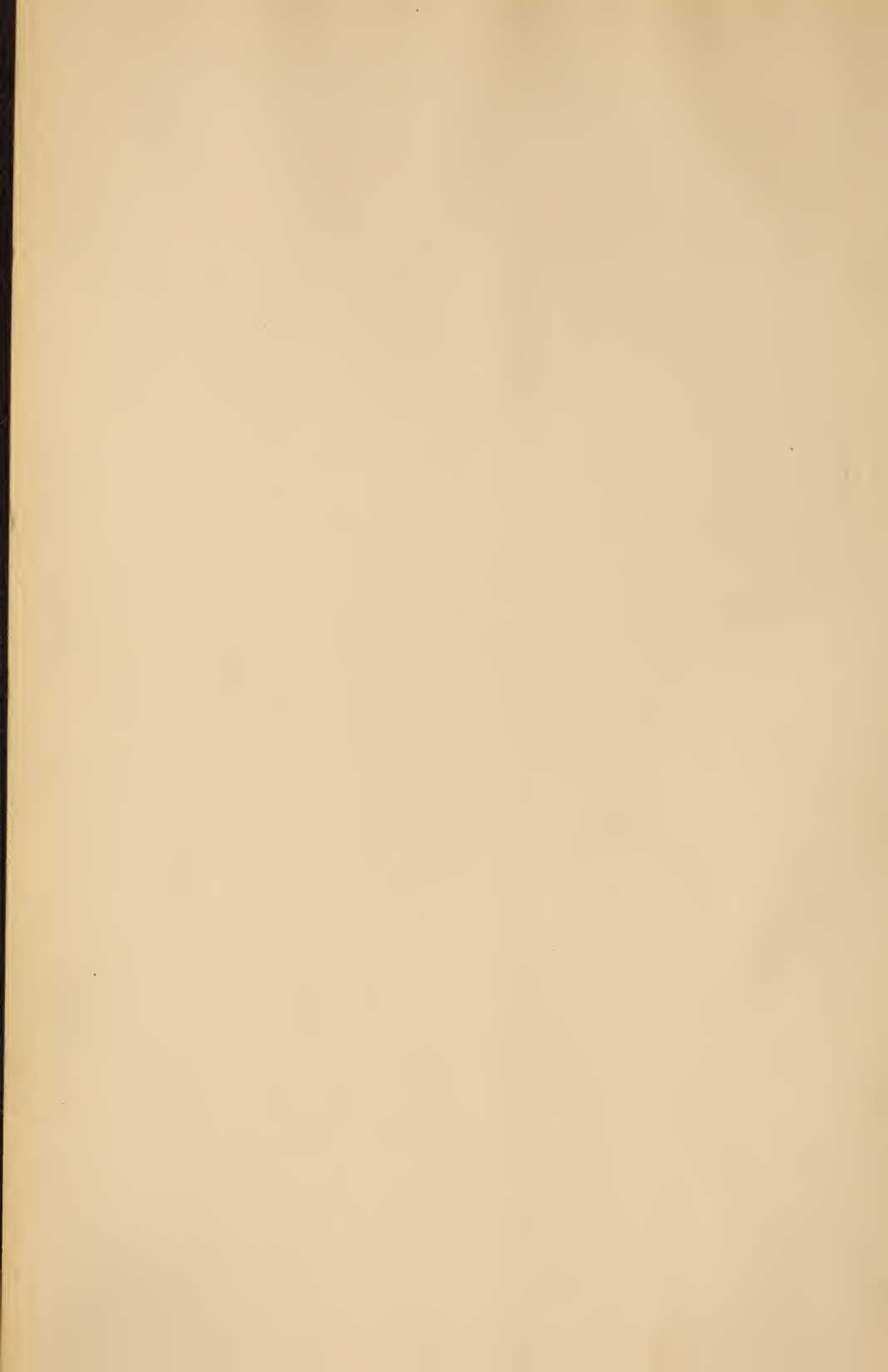
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BABYHOOD,

The Mother's Nursery Guide,

DEVOTED TO THE CARE OF CHILDREN.

LEROY M. YALE, M.D.,

MEDICAL EDITOR.

VOLUME X.

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A STUDY OF ESKIMO BABIES.—MRS PEARY ON THE SHORES OF
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PREPARATORY EDUCATION FOR THE SICK ROOM.

BY WALTER MENDELSON, M.D., NEW YORK CITY.

“IN TIMES of peace, prepare for war.” Many years ago I heard Mr. Oscar Gleason, the ingenious trainer of horses, make the remark that there were not so many vicious horses as there were vicious masters—a remark which raised Mr. Gleason at once into the rank of philosophers, and showed him a student of human as well as of horse nature.

The truth of this observation as applied to children has struck me over and over again, when, on being ushered into a nursery for the first time, I have been met by doleful wails, and sometimes with even more active demonstrations, which showed all too plainly that my presence was anything but welcome.

Now—I have asked myself—what is the cause of this? Can it be that children, or at least certain ones of them, are born with an innate antipathy to doctors? Perhaps Herbert Spencer might explain it by referring to the times when we were still in a savage state, and the incantations of the “medicine man” of the tribe, grotesquely and horridly arrayed as doubtless he was, had a terrifying effect upon the minds of the infant tribesmen; and that this nineteenth century dislike, the result of B. C. influences, is but an instance of “reversion.” And

no doubt, too, he could give an alphabetical list of savage tribes (of whom no one but he seems to have heard) whose peculiar customs would entirely corroborate this view of the case. But, be this as it may, a little listening around the corner of nursery doors (it is too true that the eavesdropper ne’er hears well of himself!) has convinced me that the cause lies nearer home, and atavism has nothing to do with the case. It is environment, not heredity, that is at fault.

What doctor has not heard a nurse say—yes, even in his very presence—“Johnny, if you’re not a good boy the doctor will give you some nasty black medicine!” I never miss the opportunity to reprimand these presumptuous and misguided females on the spot and instantly. Not long ago I heard the nurse say to a little boy who was dressing himself in the nursery in which I was attending one of his little sisters: “Bobby, you’re *such* a slow boy! If you don’t hurry the doctor will take you home and give you a good whipping!” This enforced imposition upon me of the rôle of the bogie-man was rather more than I felt called upon to stand, and turning upon the nurse I—metaphorically speaking—rent her limb from limb. At the same

time I took pains to assure the youthful Bobby that I highly esteemed the pleasure of his acquaintance, and that whenever he might feel inclined to call upon me I would give him a most cordial reception, in which oranges might play a not unimportant part. "Like mistress, like maid," and whenever a nurse is found managing a child stupidly, there the doctor easily infers that her mistress, though possibly more highly educated, is neither better informed nor more intelligent.

It is hard for the family physician to be made the victim of the stupidity of nurses or of mothers, but it falls hardest of all upon the child himself, whose welfare, to say nothing of peace of mind, may be seriously affected by the inability of the doctor to make a needed examination with that care and quiet which are so desirable.

Every physician has families among his patients to whom he dreads to be called, simply because he knows what a scene his presence always creates and how difficult it is for him to have his directions carried out. For he fully realizes that the kindness, which he may show on an occasional visit, is not potent enough to overcome the nursery habit of holding up the doctor as a monster to be dreaded, and his medicine as a form of punishment fit only for the wicked.

How different, and what a pleasure it is to go to houses where the little ones hail the doctor as their friend and climb into his lap for caresses. He knows that the mother of such children is not only amiable but intelligent, realizing that the usefulness of the doctor to her children is increased manifold by the coöperation which their fondness for him gives.

Mothers should make it a rule never to let a nurse refer to either a doctor or his medicines as objects to be avoided. On the contrary, they should bring the children up to regard the doctor as their friend, often impressing upon them the fact that he may sometimes have to do things which they do not like (as looking into their throats), and may have to give them medicines which do not taste good, yet that he is nevertheless their friend and is helping them.

When this cannot truthfully be done, when there is something repellent in the physician's manner to the child, then the time has come to make a change of doctors; for the true physician ministers not only to the body but to the soul also, and must bring peace of mind as well as medicines.

Children are reasonable beings, and they should be approached with reason. Therefore never tell an untruth to a child. "Telling a story," be it ever so small a one, is, after all, telling a lie—which is immoral; and "telling a story" to a child is not only immoral, but it is stupid as well, for it defeats its own object; because the child who has once been lied to wisely refuses in the future to believe you, even when you speak the truth, preferring to lean upon his own judgment rather than upon your word, which experience has shown is not to be trusted. Do not, therefore, tell a child a certain mixture is "sugar water," when it is not true, or that a certain medicine tastes good when you know well enough that it does not. Say rather: "Here is some medicine to make you well," dwelling especially, and first, upon the beneficent side. "The doctor sent it, and he knows, doesn't he?" then add quietly but frankly, but as of

secondary consideration—as it most certainly is—“I don’t believe it tastes very good, but we must not, of course, mind that, because it is to make us well.” The chances are that the taste is not so bad after all, and should it prove particularly disagreeable a few words of judicious praise, *after* the dose, will help when the time comes round again.

Many medicines—quinine, for instance—which have a very bitter taste when given in solution, may very readily be given in the form of a small pill or capsule. But for most children who have never had occasion to try, swallowing a pill quickly and without chewing it is no easy matter. And the child who has bitten into a quinine pill given him with the assurance that it did not taste bad, in fact had no taste at all, is apt to have his confidence in human nature, and in pills as an easy form of medication, seriously shaken and not easily restored. But how easy—and what fun for the child—to let him practice with pills made of bread! A child of two can soon be taught to swallow such a pill quickly with a gulp of water, and when sickness comes, the mother, the nurse and the doctor will all be thankful for a little acquirement which can be gained in the form of play, pleasantly and unconsciously, between the courses of a meal.

One of the most frequent, and—as in diphtheria—one of the gravest difficulties which the physician has to contend with, is the inability to look quietly into a child’s throat. There are children who are thrown into a perfect paroxysm of fear by his merely asking for the spoon; too often, unfortunately, this is the result of the

want of tact of a doctor who upon some occasion has thrust a spoon down the child’s throat, choking and terrifying him. The mother should not only make it a point to examine a child’s throat whenever soreness is complained of, but she should consider the training of a child to allow his throat to be looked into as part of the regular nursery education. It is something, too, which should be practiced when the child is well and in good spirits. She should not defer it until he is sick and fretful, but must make it a point, when he is well, to look frequently into his throat, depressing the tongue gently with the handle of a spoon, and thus accustoming him to this very simple thing. In this way he becomes used to a very necessary procedure, and will not object in time of need.

To conclude, it may be said in general that the education of a child for the hour of sickness must in principle be what all education essentially is—be it of a child, of an adult, or lastly of an animal—the recognition of the connection between cause and effect. Show a child that the things which he is required to do are for certain definite purposes—purposes which are to benefit *him*, and are not meant merely for serving the pleasure or whim of his mother or nurse. Do not therefore say: “Take it for mamma,” or “Take it for nursey, there’s a dear little boy!” but rather: “Take it for Johnny, to make him well!” And so, when a child happens to bump his head against a table, or cut his finger with a knife, don’t say, “naughty table” (or knife, as the case may be), “to hurt little Johnny so!” but teach him that tables will raise bumps if run into, and that knives are, in fact, really intended for cutting.

To falsely shift the blame upon the senseless object is to deprive the sensible subject of the powers of judgment, and serves but to confuse his growing power of discriminating between cause and effect, between good and evil, between the right course to be pursued in the future, and the wrong. Instead of helping, you hamper him. And in carrying out this essential and dominant idea of education let there be no meanness, no unworthy trickery, no terrifying threats. Treat the child as we ourselves would be treated—with

gentleness, candor and truthfulness remembering always that he also is a reasonable being, one with a nature particularly impressionable, and who has in addition a peculiar and near claim upon us for explanations clear and truthful of what he can as yet only imperfectly comprehend. Teach him by example, by object lessons, faith in his parents, in his nurse, and in his physician, and thus save the little man all possible annoyance and perplexity, whether in the nursery or in the sick room.



DIPHTHERIA.

BY GEORGE C. STOUT, M. D.

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WHAT word in the calendar of disease conveys more dread to the mother's heart than "Diphtheria?" And truly there is abundant cause for this feeling of horror in many cases, for in the whole domain of disease there is not another which can account for so many devastated homes, either from its having carried away the sweet, trusting child, or from its shaking the foundation of health and leaving its victim a cripple, mental or physical, for life. A few words, then, on the exact nature of diphtheria, its causes, symptoms and

treatment, together with a mention of some of its after effects will, I feel sure, be interesting to the readers of BABYHOOD.

Diphtheria is generally looked upon by the laity as a local disease of the throat; such however is not the case, for while it early manifests its presence by a thick, spreading membrane in the throat, this membrane is not the only nor yet the most important element of the disease. Modern medical research has shown that the throat symptoms are only the local manifestations of a so-called

general disease. In other words the disease involves more or less disturbance of the whole system, the throat trouble appearing as a precursor of the constitutional disease.

Diphtheria was known to the ancients, and even in the time of Hippocrates a disease answering closely to its description was described under the name of the "Egyptian Evil" or the "Syriac Ulcer"—for even in those far-off times it was the custom to blame all that was repulsive or undesirable upon some neighbor. From the time of Hippocrates, the father of medicine, down to the present, epidemics of diphtheria have been described as occurring with great frequency in every portion of Europe and America, showing its general prevalence and its virulence.

In those early days, and indeed until quite recently, it was regarded essentially as a local disease; the grave systemic troubles which accompanied it were considered to be of secondary importance and looked on as the natural outcome of the absorption into the blood of poisons from the throat ulcer.

In the early part of the present century French physicians were stimulated to make a special study of this disease by Napoleon I, one of the Bonapartes having fallen a victim to it. The emperor, realizing that there was still much to be learned about it, offered a handsome reward for the best essay on the subject. This brought forth many valuable papers, and it was now for the first time called diphtheria, from a Greek word meaning a tanned hide.

Causes.

The direct cause of diphtheria has, in the last few years, been generally

conceded to be a bacillus, which has been named the Klebs-Löffler bacillus, from its discoverers. A bacillus is a minute rod, slightly curved, and about $\frac{1}{12000}$ of an inch in length. Under favoring circumstances, these bacilli lodge in the mucous membrane of the throat and set up an inflammation there which soon becomes diphtheritic in character.

However, the severe constitutional or general disturbances which follow are not caused by the bacilli directly, but by certain products which they generate, which are known as *ptomaines*, and which are absorbed into the blood, and by it carried through the system. The bacillus, while it is the direct cause of diphtheria, will not act except under favoring circumstances. The causes which aid in making the mucous membrane a favorable spot for its development are called in technical language the *predisposing* causes. Any unhealthy condition of the mucous membrane of the throat weakens its powers of resistance against the germs and makes it a favoring lodging place for them. Thus colds and catarrh in their various forms should be guarded against, for while they have no direct connection with diphtheria, yet they weaken the resisting power of the membrane.

The damp and cold months of spring and fall are therefore favorable for the inroads of diphtheria. This is probably due in part to the fact that in these months most houses are more tightly closed up, and less frequently aired; thus such germs as result from defective sewerage, and which would at other seasons pass out into the open air, are penned up in the sleeping and living rooms. Another predisposing cause,

upon which too much stress can not be laid, is enlargement of the tonsils; for such protruding tonsils, usually ragged, afford a most favorable site for germs of any description.

Children under ten years of age are more liable to diphtheria than older people, it being essentially a disease of childhood, and though older persons do occasionally have it, such cases are usually found in doctors and nurses who are in close contact with the patients. Two cases have occurred in this city, within the last year, in which a doctor contracted the disease. In the first case he drew the membrane from the throat by means of a tube, some of it accidentally getting into his own mouth. In the other case a bright young physician contracted a rapidly fatal case from attending cases on which tracheotomy had been done, and handling the tubes. Tracheotomy was done on this latter gentleman, but to no avail, and he died a sacrifice to his generosity—for they were charity cases.

Whatever the predisposing cause may be in an individual case it is impossible to contract diphtheria without the presence of the germ. The favorite habitat of germs is in cess-pools and sewers, where we have decaying organic matter, and in general in damp places not exposed to the rays of the sun—a number of cases having been traced directly to broken drain-pipes. Once freed from its abiding place it can be readily transmitted to its victim through the air, milk, drinking water, or even through the medium of the various domestic animals. In two cases which recently came under my notice the contagious germ was transmitted to students by a stray dog

which they had harbored, and which was found to have come from an infected house. In the same way cats, cows and chickens have been the mediums.

From the time of exposure to the germ, to the time when the disease first manifests itself, is usually two to four days, and its course is of varying length and intensity. At times a fatal termination is reached in forty-eight hours, or even less, when it may be said to be malignant, while at others no untoward symptoms are met with and it is very mild. Between these two extremes the disease is met with in varying degrees of intensity. So too with epidemics; some of them are very severe, with many fatal cases, while others have few deaths and only mild forms of the disease. In the beginning of any epidemic a larger mortality is met with than at any other stage. This is true of the epidemics of any disease.

It is well to bear in mind that one attack does not protect against another.

Symptoms.

The onset of diphtheria is gradual; there is apt to be restlessness with loss of appetite; the patient will appear heavy-eyed, languid and pale. Fever, at times mild, at others high, sometimes preceded by a feeling of chilliness, is detected.

The throat is found to be red and swollen, with pain upon opening the mouth. Small patches of membrane soon appear in the throat or on the tonsils, of a yellowish aspect; later these patches increase in size and join together, covering the throat with a thick leathery membrane not unlike a soiled white kid glove in appearance.

The patient is usually very much prostrated, out of proportion to the length of the illness. The voice becomes altered and husky, partly from the presence of the membrane and partly from paralysis of the muscles of phonation, and there is a croupy cough if the larynx is involved. The breath throughout is heavy. The most frequent cause of death probably is the laryngeal complication; the child is unable to breathe, owing to the respiratory tract becoming filled up with false membrane. Other causes of death are (1), failure of the heart, the pulse becoming slow and finally stopping; (2), blood poisoning, (3), general weakness, from exhaustion in the effort to fight the disease.

An average time for the development and exfoliation of the false membrane would be from five to seven days; so that a patient would be ill for two weeks or longer, before recovery, in a favorable case. In the malignant type of the disease patients usually die from the blood poisoning before the laryngeal complications become very marked, and the general collapse is more marked at first. The apathy of the patient, amounting to semi-stupor, may be present from the first day, and delirium may set in early. The best way to tell the nature of the affection is to examine the throat and there see the character of the false membrane, for many of the other symptoms resemble those of any continued fever. The disease most likely to be mistaken for diphtheria is croup, and yet in a typical case of each there is a marked difference in the appearance of the membrane.

In diphtheria it has a soft and velvety appearance at first, and after

the second day it becomes a dirty yellow in appearance, with ragged edges, the fetor of the breath becomes marked, and there is upon the membrane a thick, unhealthy discharge. On the contrary the croupous membrane has a healthy look throughout, is clean, with no excessive discharge on its surface, and does not change its bluish-white appearance at all. Ulcerated throats are at times called diphtheritic, but erroneously so. A diphtheritic throat in no way resembles an ulcer, on close examinations; in the latter there is a destructive process and a removal of part of the mucous membrane, while in the other (diphtheria) there is an addition made to the mucous membrane, a deposit in and upon it.

Diarrhœa or delirium may be regarded as grave symptoms.

Consequences or Abnormal Conditions Following the Abatement of the Disease.

It is unfortunately the case that even when diphtheria has spent its force or becomes conquered, it often leaves in its wake a train of complications which, when not proving in themselves fatal, render the sufferer miserable, an invalid for many months or even for life; and the virulence or mildness of the primary affection seems to have little to do with the extent of the after-coming complications.

The most common of these sequels is some form of paralysis, probably due to the action of the poison in the blood on the delicate nerve ends. Thus we may have disordered vision, from paralysis of the little muscle within the eye which increases or diminishes the convexity of the lens and enables the eye to accommodate itself to different

distances. Or again we may have the disfiguring affection known as cross eyes, from paralysis of one or more of the muscles which turn the eye as a whole. Indeed, any of the five senses may be affected; we may have defective taste, or smell, or hearing, or these be lost entirely. The special sense of sight is probably most often affected. Paralysis of the legs or arms is common; fortunately, however, this usually yields to treatment. Finally, we may have a general paralysis. Chronic catarrhal affections of the nose, throat, and ear, are also common complications of diphtheria.

Treatment.

A detailed discussion of the scientific treatment of diphtheria would be manifestly out of place in a paper such as this, intended for the general reader. Nevertheless, while a technical medical discourse would not only be uninteresting but unintelligible to the layman, the narration of the more important hygienic precautions, with a hint as to the possible treatment which would be advised by the modern physician, will surely be understood by the intelligent reader.

The patient suffering from diphtheria should be isolated as far as is possible, and should be surely kept away from children. The hygienic treatment consists in a thorough disinfection of all sputa and saliva and other discharges from the patient. This is readily accomplished by having at hand vessels, preferably earthen, containing solutions of the bichloride of mercury of a strength of one part of the mercury to one thousand parts of water. (It must be borne in mind that this solution is poisonous.) All handkerchiefs and clothing which have

come in contact with the patient should then be thrown into this disinfecting fluid. All unnecessary screens, hangings, rugs, etc., should be removed from the room as soon as the nature of the disease is apparent. The hands and faces of patient and attendant should be washed in a solution of the mercury also. The room should be kept at an equable temperature of about sixty-eight degrees F., but free ventilation should be maintained, avoiding, of course, all drafts. When the germs are moist they are less apt to float in the air and thus be inhaled by the attendant; it is well, therefore, to have the air saturated with moisture, and this can readily be done either by placing unslaked lime in a vessel containing water and allowing it to slake, and give off its steam, or by heating a vessel containing water and a few drops of eucalyptol till it gives off steam. When convalescent the patient should be given fresh quarters, and the old ones be renovated and disinfected. These hygienic precautions should be particularly noted by the mother or nurse, it being constantly borne in mind that while we have a deadly poison to combat much can be done toward conquering it by the proper wielding of our weapons of defense—the disinfectants and medicaments.

Owing to the fact that diphtheria has the characteristics of both a local disease and a general one, there are two lines of treatment to be carried out—the one to combat the local affection, the membrane in the throat, and the other directed against the general symptoms. A skillful laryngologist is better equipped to treat the throat lesion, for the medicine should

be applied directly to the membrane, with the view of destroying the bacillus; and in order to insure the best results the manipulation should be done dexterously and with the aid of a reflecting mirror, to throw a bright column of light directly into the throat, and even down upon the vocal cords if necessary. The physician will, of course, judge which are the best remedies in a given case to prevent the growth of and destroy the membrane.

For the general treatment a stimulating course should be pursued, and no one remedy is of more service than alcohol, which, when given in the form of whiskey, seems to exercise some influence on the germ itself favorable to its expulsion, or at least tending to lessen its virulence. The so-called "mercury" treatment has proved itself highly efficacious. Notwithstanding the most skillful treatment, the disease may progress, and spread to the larynx, which is indicated by a more general depression, a hoarse voice, and difficulty in breathing, the child often becoming blue in the face from defective oxygenation of the blood. In such cases the difficult breathing must be *promptly* relieved or the patient will die. There are two simple operations which will give quick

relief from the suffocative symptoms in a very short time. One of these is a cutting operation, an incision being made into the trachea through the middle line of the neck. By this method air is admitted to the lungs through the false passage which is created below the point of stoppage from the membrane, and instant relief is afforded, so that even when life is not saved, the sufferer is rendered very much more comfortable.

In the other operation, which is preferred by many for the reason that the knife is not used, a tube is inserted into the larynx, where it is allowed to rest, thus preventing the passage from becoming entirely choked up with membrane. Although these two plans have met with much opposition from parents who dread anything which sounds like an operation, yet they have both been performed very many times and each has unquestionably been the means of saving life. The cutting operation is called tracheotomy, and introduction of the tube is known as intubation. They are, of course, a last resort, yet they should not be put off too long. And parents who allow any scruples to stand in the way of these prompt performances, when advised by a skillful physician, do a gross injustice to the patient.





THE TREATMENT OF DISEASE.

BY WILLIAM BUCKINGHAM CANFIELD, M.D., BALTIMORE.

HAVING considered in former articles the bacteria and their products as the cause of some diseases, and having given some hints for their prevention, it may be interesting to add a few words on the treatment of disease in general and of disease in children in particular. In some schools of medicine, notably in Germany, the treatment is considered of little importance as compared with the unraveling of the symptoms—what we call the diagnosis. This is in some measure correct. In order to treat intelligently we must have some idea what disease we are treating, and as many diseases have points in common, the physician must bring his powers of observation, his general knowledge and his past experience to bear on the case, and so study each sign and symptom that gradually, perhaps by a process of exclusion, he reaches the disease. This is generally done in much less time than it has taken to write this; or again, especially in children, the diagnosis is deferred for a future visit.

In infants we have to make a diagnosis about as we do in other dumb animals, by the signs, position, cries and general appearance, and also from our previous knowledge of what we know to happen to such children. Later in the child's life we may ask questions, but we soon learn to place little value on the answers until the age of reason

is reached. The mother, if it be the first child, may exaggerate every sign and unintentionally deceive the physician, while the experienced mother or grandmother, who has seen many children through various attacks, will put the more inexperienced physician to rout, and she often does it, too, with keen delight. The honest physician, therefore, makes haste slowly; and if the case is not clear he says so, and never calls a slight sore throat diphtheria and then reaps undeserved glory by curing it.

Having made the diagnosis, the natural desire on the part of the parent will be to know the probable outcome of the disease, how long it will last, whether it will probably be fatal or not, and if complications are to be feared. While in surgical cases the parents may want a skillful surgeon, they also want a man of judgment who can not only, as indeed any good cabinet-maker can do, perform the operation, but one who can say whether it ought to be done or not, and in either case what the probable result will be. In medical cases, then, after making the diagnosis, that is, finding out what disease it is, and giving the prognosis, that is, foretelling what the probable outcome of the disease will be, the physician proceeds to the treatment.

In many children the tendency is almost always toward health, and the

slightest help in that direction will cure the case. Children with the most trifling disorder are apt to have high fever and have every appearance of great illness, especially at night. In general it may be said that the less medicine and drugs given to children the better for them. The old rule, which is supposed to apply to all, is especially applicable to children; that is, in case of illness remove the cause, if it can be found, put the parts at rest and let nature do the remainder. The method of treating disease by drugs should be founded on physiological investigation, and it generally is the result of this; but in a few cases accident has brought a good drug to light, and it has been found that a certain drug does good in a certain case while yet the *rationale* of it cannot be explained. This is called the empirical method of treating disease, and is perfectly proper; for it must be impressed on all, and especially on those who ask if this or that can be used, that if a drug after long and severe tests in proper hands be found to act in a certain way and to actually do good or even cure a disease it should be used, even if the principle be not understood; for the object of the practice of medicine is to do good and to cure where possible, and the theory of medicine takes cognizance of the other problems.

Medicines known as specifics are those which possess special curative power against a single disease. Quinine is looked on as a specific in malarial fever, the salicylates in acute articular rheumatism, and mercury with the iodides in certain constitutional diseases. But specifics cannot be given *ad libitum* and continuously until the disease departs. If they could, we should hail

with delight those diseases as curable without the expense and trouble of a physician. Specifics to be of efficacy must be given with intelligence. They are not given in the same dose to each person nor at the same intervals. Even if all diseases had their specific remedies they would differ so markedly in different individuals that the physician would be of just as much use as now, and probably more so, for many a foolish man would dose himself or his helpless children and then send for the physician to get him out of trouble, and the last state of that man would be worse than the first.

In some cases in children we are obliged to resort to symptom treatment, but that is not desirable. Headache cures are advertised far and wide, but headaches depend on so many things that one cure would not suit them all. Some diseases cannot be cut short by our present methods, and until we know more we must content ourselves with watching the disease and warding off the complications, and keeping the patient up to the point of throwing off the disease. Typhoid fever, for instance, has been likened to a runaway horse which will do no harm so long as it is kept in the middle of the road and allowed to run itself out. In diseases like thrush, due to a micro-organism, if we remove the organisms and destroy them, the disease disappears. In most diseases due to bacilli we cannot destroy the latter because they are so distributed throughout the body that in our attempts we might endanger the life of the patient. It is only where the organisms are localized and easily reached that we can get at them and cure in this way.

Physicians are much hampered in

their methods of treatment by popular prejudices and traditions. The theoretical idea of treatment is simplicity; but patients demand something complicated, and if a too simple treatment be given, one too easily understood by the patients, they are apt to think that they could have suggested that without the physician's help. People in all cases and of all classes like a mystery, and respect that which they do not understand; the very simplicity of a cure or a remedy is against it in the eyes of the people; it is, as it were, an insult to the grave malady of which the chronic invalid is so often proud. Ever since Naaman the Syrian, expecting a magnificent method of treatment by Elisha, received the simple directions by the hand of a servant to go and take a bath, this simple style of treatment has been in disfavor. Yet in many cases it is better to give no drugs, but special directions as to diet, rest, etc.; and this is particularly true in the case of nursing infants.

In treating children, especially, the question of heredity is to be considered. The child of consumptive parents needs much more careful attention when it has a cough than the child with no such inheritance, even if both children be equally robust.

Our ideal method of treatment at the present day is a preventive one. Keep the contagious diseases down; use powerful antiseptics and disinfectants; isolate dangerous cases; keep sick children home from school and have them apart from the rest of the family; have all properly vaccinated; have the house well ventilated and the surroundings in a good sanitary condition; use pure water and pure food; do not be afraid of fresh air, provided it *is* fresh; let the

children have exercise and keep their bodies in good condition by exercise and bathing and proper clothing—all this is the way to keep disease at a distance or to be ready for it if it should come.

In addition to the treatment by drugs it must not be forgotten that the United States, as well as some other countries, are particularly rich in natural advantages for the cure or prevention of disease. We have the warm, dry climate, the cold, dry and bracing climate, the sea air; and the careful physician knows whether to select inland or seashore for this or that disease. Also we have springs and baths adapted for many diseases, and the experienced physician can give the proper advice as to the use of these remedies so bountifully provided by nature.

Finally, there are the methods of treatment founded on bacteriological research, methods which have bewildering possibilities, but which have as yet been used to a very limited extent. It is principally in the infectious diseases that these methods have been proposed. The first is by Pasteur's preventive inoculation, in which a minute quantity of a certain disease poison, which has by a process been weakened down and attenuated, is administered to produce a light attack of the disease. The second is Pasteur's method in rabies, commonly called hydrophobia, in which a mitigated or weakened virus is injected into a person already attacked with the disease, to overtake it. The third is the employment of the virus of a comparatively mild disease to protect against a more severe one, as in vaccination for small pox. This has succeeded the old method of inoculation which gave the disease itself. Next is the at-

tempt to destroy the disease-producing bacteria by the use of antiseptics and bactericides (bacteria-killers). A fifth way is to reinforce the natural means possessed by our systems by injecting the blood of animals not susceptible to that disease and thus combating the disease germs after they got into the system; by raising or lowering the temperature of the body of the patient; by alterations of climate, diet or surroundings as noted above. The sixth and last method is one which Koch tried in his treatment of tuberculosis; it is by the injection of the products of

bacteria to prevent the ingress of more bacteria. None of these methods have been entirely successful in all cases, but it is along this line that bacteriologists are working.

With all these methods of treatment at hand and in process of development, it can be seen that the physician's armamentarium is by no means small; and his future successes will depend on the investigations of the physiologist, the biologist and bacteriologist, who are all working with one common end in view, the amelioration of human suffering and the removal of disease.



SOME NOTES AS TO CHRISTMAS TOYS.

BY PHILIP G. HUBERT, JR.

CHRISTMAS is coming, and we all have to think more or less seriously about the toy question—one that comes up every year and one that it pays well to take in ample time. This is the age of toys. But from this very fact it becomes rather puzzling to know just what to buy. The world of the child may be regarded as the world of toys. The child sees and handles nothing that is not in some sense a plaything to him, unless it may be in those sad and happily exceptional cases in which infant years are years of pain. Usually, notwithstanding the maladies incidental to childhood, we enter upon life, as it were, through a golden

gate, and all that we see is more or less imbued with a halo of glory as mysterious as it is sure to be transient. Fortunate is it for children that the world "that lies about us in our infancy" is not so fleeting or so short-lived as some moralists would have us believe. We live in the toy world longer than certain severe people who have forgotten their own childhood imagine we do.

To the child toys are realities and realities are toys; if he is healthy and well he has not yet learned to distinguish between things of value and things of no value—things serious and things trifling. Nothing is trifling to

him, because nothing is serious; he is in a manner outside of the world, wrapped up in a world of his own. Toys are his property, and for property that is not a toy he is wise enough as yet to care not a straw. Given a healthy child and he will have toys. If there is no money for toys, he has the faculty of making them out of anything—sticks, straw, broken crockery and even mud.

This winter Santa Claus has had so hard a time of it, financially, that I am afraid a great many parents will be thrown upon their own resources to make up for the old gentleman's misfortunes. How can one dollar be made to buy two dollars' worth of toys? This will be the problem to be solved by many of my readers. Perhaps a great many of them may count themselves fortunate that they have the one dollar to spend. For these last it may be some consolation to remember that children value toys by other considerations than cost. Most girls have cherished their rag babies more tenderly than any Paris concoction; and what small boy cannot be made happy with a blunt knife? Perhaps I can suggest some ways in which the dollar may be made to go as far as possible.

In looking through a dozen toy shops I have been impressed in all of them with the flimsiness and high cost of the baby-houses. The most worthless box, apparently of cardboard, fitted up in the cheapest manner, costs several dollars, and might last till the day after Christmas, if carefully handled. Here is a toy that any father with the most rudimentary knowledge of tools can make at trifling cost. Get a good box, three feet long and eighteen inches

wide, from a shoe store, for twenty cents, put hinges on the lid, stand on end, fit in a couple of shelves as floors, and you have a rough house as big as any in the toy shops for \$10, and twenty times as durable. I know one such baby-house, still in daily use, that I helped my father to paint more than thirty years ago. The children of the little sister for whom it was made play with it now. The amount of decoration and elaboration that such a shoe-box may take on will depend solely on the time which can be given to the work. With ten cents' worth of paint the outside may be made gorgeous, architecturally, and the walls finished off to imitate bricks. The glass for four windows on each floor, two in the door or front of the house, and two at the rear, will cost almost nothing—a friend of mine used some spoiled photographic negatives, and every amateur has dozens of old plates that can be cut up for the purpose. For papering the walls, go to any wall-paper manufacturers; they are always glad to give away books of samples. For carpet use any odd bits of figured cloth or old carpet. Then the windows must have curtains. Each room may be furnished more or less luxuriantly for from twenty-five to fifty cents apiece, and—there you are. Little boxes of furniture are sold everywhere. The total cost of such a baby-house need not be more than \$1.50. It will outlast a dozen of those sold in the shops at \$10 apiece.

I have sometimes wondered at the love that many women—my own wife among them—have for changing furniture around and generally upsetting things. When I come home at night to find the bed where the bureau was in the morning, or the dining-room

turned into a parlor, I am too wise to protest, for I know that is probably for the best, and I take the occasional wanderings of the other furniture in the house as inevitable. But it sometimes disturbs me. I now believe that this passion for moving is the result of having had a baby-house in childhood. Who has not observed a little girl tumbling all the things out of her baby-house in order to make a kitchen of the parlor, or *vice versa*? To change the furniture all around a room was not enough. This gives the child ingenuity in arranging tables and bureaus and beds to the best advantage, and encourages a taste for moving. The child is mother to the woman, in furniture moving as in other things. As I say, it rather disturbs me to find my bed in a new corner every six weeks, and perhaps for the comfort of the next generation of husbands I ought not to point out how easy it is to make an effective baby-house. But again, perhaps I am wrong—my wife is sure of it. And I can assure my readers that if they will try their hands at a shoe-box baby-house, they will be surprised at the pleasure it will give, both to the parents who design and make it, and to the little girl who gets it.

A word of warning here. To the parents blessed with several children I need scarcely say that no baby-house is big enough for two little girls. An old bachelor who once presented a two-roomed baby-house to two little girls introduced into the house an engine of discord. Of course, both children wanted the same room, a question that was finally settled by giving one child the top room one day, and the lower one the next; so that every day all the furniture was changed from the top to the

bottom of the house. When grown up and married, those little girls' husbands will have a hard time of it. Then if one little girl left the house door open (the whole front of the house), all the other little girl's dolls caught their death o' cold.

As to novelties in toys I confess that I have seen none this year worth mention. Building blocks in wood and stone appear in greater variety. There are some new games whose interest remains to be tested, and for boys there are many elaborate and costly machines in which the miniature steam engine is made to do a variety of work. If alcohol were not essential to all these steam engines, I should be more in their favor. But one boy with a small engine can and will use up in a day more than a pint of alcohol, costing forty cents. Some of the little electric motors, costing from one to ten dollars, are less expensive, and teach a boy perhaps more than the steam engines. As it is predicted by experts that in twenty years electricity will give employment to more people than steam now does, a taste for electricity may be an excellent thing to develop in a boy.

The importance of toys as helps to infant training, if we may judge by the extension of the toy trade, has grown amazingly within the last thirty years. Most of us adults can recall the time when the toy shop exhibited but a slim stock, consisting chiefly of dolls for girls, and animals looking like nothing in nature, bats and balls and kites for boys. Enter one of our big toy shops now and there is really an *embarras de richesses*. Not only are the toys better made, but they are of infinite variety. They might be classed as military toys.

marine toys, musical toys, educational, scientific and mechanical toys. Hundreds of tons of rubber are yearly used for toys. Among the carved wooden animals are representations of all the known animals and many others.

The first impression of the visitor to a big toy shop is therefore apt to be one of bewilderment. Perhaps the following list will save trouble to some readers by reminding them of the stock toys—that the sled is just what Tom has been needing for a long time, and that Mary's dream will be fulfilled if she gets a paint-box.

Dolls,
Dolls' trunks,
Dolls' houses,
Shops of all kinds,
Soldiers' outfits,
Blocks, wood and stone,
Animals, Noah's,
Stoves,
Paint-boxes,
Rubber goods,
Picture puzzles,
Rocking horses,
Wagons,
Locomotives and steamboats,
Magic lanterns,
Watches,
Scrapbooks and stamp-books,
Printing presses,
Steam engines,
Electric motors,
Drums,
Pianos, organs, etc.,
Typewriters,
Table games,
China dishes,
Tenpins,
Kindergarten games,
Bean bags,
Bicycles and tricycles,
Baby carriages,
Sleds,
Tool-chests,
Desks,
Safes,
Transparent slates.

There are some toys for which I will confess an aversion, and from experience. I have known a child frightened into convulsions by a Jack-in-the-box of particularly hideous aspect; and I am always afraid to give a baby a rubber toy with any sort of "squeak" in it. The squeak is usually produced

by a tin whistle held in place by sharp points imbedded in the rubber. Of course, every small child puts such a toy, or as much of it as possible, into its mouth. I once knew a child to loosen and partly swallow the tin whistle. It was almost a fatal case.

In looking over my notes I find that a boy's watch, very thick and big, but still a watch with lots of "go" in it, may be bought for \$1.50. Such an apparatus ought to fill any small boy with delight. If, like Cap'n Cuttle's immortal timepiece, it requires to be put forward half an hour every morning and back half an hour at night, no boy with a taste for tinkering with a real watch will object. Its immense size is explained by the fact that it is really a pocket edition of the little dollar clocks sold everywhere. Among the newer toys that may teach a child to spell, are the miniature typewriters, from \$2 up to \$12.

With thoughts of a hard Christmas uppermost I made particular note of what toys could be duplicated at home at small cost. Beside the baby-house already spoken of, a game called ring-toss, consisting simply of wooden hoops six or eight inches in diameter, to be thrown across a room at a peg set in the floor, is easy to make. Four hoops and a peg cost \$1 in the shops. Any boat builder will sell mast-hoops of oak for a few cents apiece, and the peg is simply a bit of broom-stick set in a block of wood. This is an excellent game for teaching children accuracy of aim, and may be played indoors. Scrap books cost a good deal of money if bought at the toy shops. They may be made at home and prove a lasting enjoyment, especially if the child is encouraged to make his own selection of

pictures and paste them in himself. Where there is a good barn to play in, nothing better than tenpins can be found for a rainy day, and the same is true with regard to bean-bags. In the flats to which most city unfortunates are confined during the greater part of the year, such games are likely to produce protests from the tenants below. If the hoops in ring-toss make too much noise, they can be wound around with a long strip of rag. In the way of paint-boxes for young children, I can commend the little French boxes of non-poisonous colors sold everywhere for from ten to fifteen cents, according to the profit made by the shopkeeper.

For boys older than twelve I have noted nothing cheaper or better this year than the astonishingly cheap editions of standard books sold in some of the great fancy shops. When such books as "Tom Brown" can be bought, fairly printed and bound, for twenty cents, every boy ought to have a copy. But this, as Mr. Kipling is so fond of

remarking, is another story. To go back to toys, the spectacle of a healthy child at play with his toys is one of profit and suggestiveness. It is at once a kindly satire upon the eager pursuits and earnestness of the grown-up man, and a hint of the small intrinsic value of the objects toward the attainment of which man devotes all his energies. It was probably this truth that prompted Wordsworth's exquisite lines:

"Behold the child among his new-born
blisses,

A six years' darling of a pigmy size!
See where mid work of his own hand he lies,
Fretted by sallies of his mother's kisses,
With light upon him from his father's eyes!
See at his feet some little plan or chart,
Some fragment from his dream of human
life,

Shaped by himself with new-learned art:

A wedding or a festival,
A mourning or a funeral;

And this hath now his heart.
And unto this he frames his song
To dialogues of business, love or strife.

But it will not be long
Ere this be thrown aside,
And with new joy and pride

The little actor cons another part;
Filling from time to time his humorous
stage

With all the persons, down to palsied age,
That life brings with her in her equipage.

As if his whole vocation
Were endless imitation."

BABY'S WARDROBE.

The Gertrude Suit.

SEEING so many articles on the Gertrude suit and its modifications, I venture to send you my idea of it. My baby is wearing garments made after the Gertrude patterns, but with a change of material in the under garment. This is of the finest white Jaeger stockinet, next comes a sleeveless garment of white embroidered flannel, then the dress, all opening in the back, which is no objection if the suit is large enough, as the ties and tiny buttons or safety pins prevent the appearance of that "strip of cuticle."

I use a knitted Saxony band, or one made by the Jaeger Company, for warmth, and find it an excellent preventive against colic and bowel trouble as well as ordinary colds.

My Jaeger garment is very dainty and practical. All seams are on the right side, each edge being caught down by featherstitching in white etching silk. The bottom is bound with silk binding featherstitched on, while the sleeves and neck are finished with small crocheted scallops or edge. The stretching of the neck is avoided by stitching or running the goods

carefully with strong embroidery silk before the crocheting is begun. It is a very attractive and serviceable little gown.

V. A.

Helena, Montana.

The Diaper Question.

I have solved it to my satisfaction for babies in long clothes by using a very small inner diaper of softest cheese or butter cloth put on in regulation manner; then, outside, and merely wrapped around the child, is a square (or double square, as the case may demand) of fine heavy cotton flannel folded cornerwise. These afford sufficient protection and do not cramp the baby's legs if pinned only at the top to the diaper tab.

Small pads, about eighteen inches square, made of cheese cloth tripled, or fine muslin edged with lace ruffles, or made as fancifully as you choose, provided they be thickly wadded and washable, are very useful to put under Baby when holding him on your lap.

Helena, Montana.

V. A.

Woolen Drawers.

Thinking that there may be some mothers who may hesitate to put woolen drawers on babies still wearing diapers, I would like to give my experience. When my first baby was ten months old and creeping, I feared that the floor was too cold for the little limbs protected only by a diaper and stocking. Our house is warm, heated by furnace and grates, but any floor is colder than the rest of the room. Even if the stockings are carefully pinned to the diaper there may be a little of the flesh left exposed.

As an experiment I bought three pairs of woolen drawers, soft and warm, light brown in color. I knew

that one day with grate fires and dust from a coal furnace would suffice to soil anything white. My experiment worked like a charm. The cotton diaper would absorb the water more quickly than the woolen drawers, and it was comparatively seldom that it was necessary to change the drawers.

Of course, it is more trouble to unbutton the drawers every time the diaper is changed, but the process is not a long one after all, and the child is so much better protected.

This winter my second child wears his first woolen drawers. His dress consists of a flannel shirt, diaper pinned with three pins, flannel drawers buttoned on a flannel waist, flannel skirt with muslin waist, white or gingham dress, shoes and stockings. The muslin waist I could discard, and button the skirt or skirts to the flannel waist. The stockings stay up, without pinning, over the drawers.

Delaware, O. HARRIET GROVE.

Home-made Moccasins.

When I found and tried on my five-months-old baby a pair of high kid moccasins my mind was at rest as regards covering for his feet, they being superior to short moccasins, inasmuch as by lacing up the front they are a support and protection to the ankles and less liable to be kicked off by the baby. But a very few days sufficed to produce the marks of wear and cause me to wonder how many pairs he would require in the time he would wear shoes of this sort. At one dollar per pair the amount expended in this, the simplest and most inexpensive part a baby's wardrobe, would be considerable.

So I set about to devise a scheme to

satisfy my ambition to make them, and at the same time curtail expenses. Fifty cents procured enough leather for six pairs, and forty cents' worth of silk for the sewing and fancy stitching made the whole bill of expense. The next and most troublesome thing was to obtain a pattern, which was done by ripping apart one of Baby's shoes. This done, it was a pleasure to make them, and more simple than one would imagine. I have made them of different colors, and with both the dressed and undressed side of the leather out, and have found them satisfactory in the extreme, being softer and equally as well made as those purchased. The leather should not be too thick, but soft and pliable.

I trust this will be of use to readers of *BABYHOOD*, and in this way hope to repay some of the mothers who have contributed articles that have been of benefit to me.

MOTHER.

Denver, Col.

Seasonable Shopping Notes.

While Baby was among the breezy mountains or at the bracing seaside, far away from the stifling heat of the dusty city streets, in whose impure atmosphere the delicate human blossom droops and withers so quickly, busy brains and hands were at work there, designing and preparing the fashion of the raiment that was to shield it from the nipping cold when in due time came wintry winds. Warm cloths and soft furs were artfully and artistically combined to form the lovely coats, dainty caps and quaint bonnets, that now tempt the mother's purse or challenge her skillful fingers.

The novelty of the season is the use as trimming of ermine, the fur of royalty, and it is lavishly applied on

the outer garment destined for our right royal rulers. A coat of terracotta or pigeon-blue cloth with triple capes, each of the latter edged with the creamy fur among whose soft whiteness the little animal's small black tails nestle at regular intervals, makes a warm and becoming garment. To go with it there are caps to match of corresponding materials, or bonnets of drawn silk over stiff "shaker" shaped frames, with or without full deep curtains of lace or silk at the back to protect the nape of the neck. Broad ties of silk or ribbon are twisted into a huge bow under the chin and complete the framing of the rosebud face above which the bonnet brim projects two or three inches beyond the soft ruching, that rests on the hair which is drawn forward of the ears at either side. These bonnets resemble nothing more in shape than the conventional sunbonnet of the farmer's wife.

Dresses for the little ones continue to be made in the short-waisted empire style, formerly more simply known as "Mother Hubbard." But skirts no longer reach almost to the ground, and our small men and women, in consequence, find walking attended with less difficulty.

For the little ones who have not yet attained to the dignity of walking at all, and still take their outings in the perambulator, there is a new fur carriage-robe made with a pocket into which the lower part of Baby's body fits. The robe extends over the entire carriage, the pocket being affixed to the lower half, and above it the small occupant's head, shoulders and arms, dressed in cap, cape and muff of the same fur, appear like a picture in a

frame. These robes are marked at \$20.00, but there is nothing to prevent the idea from being carried out in plush or eider-down, which would cost far less, or even by using a couple of the plain fur rugs which can be had as low as \$2.00 apiece.

An excellent article to keep Baby's feet warm, during the daily carriage outing in cold weather, is a pair of crocheted worsted shoes, to be drawn over the little kid boots. These are made in the familiar style of bedroom slippers, with this difference, that after the vamp is finished, nine or ten chain-stitches are added at the center, thus attaining the requisite height of the boot at the back. For a child of about a year old begin at the toe with ten stitches, increase one at center of each row until there are sixteen stitches on either side; increase to twenty-five on one side by adding nine chains at center, work till large enough to fit around a number six children's size lamb's-wool sole, join and sew on wrong side to the sole. A row of holes through which to draw narrow ribbon for fastening, and another of small scallops, finish off the top.

There is nothing better for winter morning dresses than outing flannel, since it is soft and warm, and very easily laundered, requiring no starch. When the cambric dress is donned, a flannel or crocheted worsted jacket is added to give sufficient warmth. The latter are exhibited in the most beautiful designs, but do not look nearly as well as the flannel ones after washing. However, much to save their appearance after the necessary cleansing in soap and water may be done by refraining from hanging them up to dry, which gives them a stretched-out, shape-

less look, and just laying them loosely on a clean cloth to dry at leisure. This method should be applied to all knit or crocheted articles.

A pretty addition to the baby-basket or hamper consists of a dainty pin-case made of white silk over card board. It is some fourteen by six inches in size and folds over at either end to meet in the center, each flap hence measuring three-and-a-half inches, while the center space is seven inches long. The latter is provided across the bottom with a drawn pocket and along the top with flannel leaves to hold the pins. The flaps are decorated, one with a spray of painted or embroidered flowers, the other with the word "Baby." The outside of the case is of plain white silk; a narrow lace edges it all around.

Pretty nursery washstands are shown, holding ewer, divided basin, powder-box and soap-dish of chinaware tastefully decorated. These are exceedingly handy for washing Baby when for some reason or other the bath is interdicted. The price ranges from \$3.00 upward.

A down-east genius—are not all inventors Yankees?—has thought out, from very simple means, a Pullman palace car for Baby. It is done by merely turning over a table. An ordinary one of pine thus inverted has four casters attached to the bottom, and laths of wood nailed all around at a distance respectively of about ten and eighteen inches from the floor. These are padded and covered with cretonne, a mattress fitted into the bottom, and toys tied by tapes to the four upright posts, formerly feet of the table. Finally Baby is lifted into this nest, which is both safe and soft, and where it can have a good time.

CHILD-LIFE NEAR THE NORTH POLE.

THROUGH the courtesy of the publishers of Mrs. Peary's "Arctic Journal" we are enabled to present our readers with a portrait of the remarkable woman who spent a year near the North Pole, and who has given to the world a graphic account of her unique experiences. There are scattered throughout her book many interesting passages descriptive of the home life of Eskimo women and children, and revealing a phase of human existence undreamed-of in these parts. What can be more shocking to our conception of the universality of motherly love than the following:

"We have been busy working on the fur outfits. I have succeeded in getting satisfactory patterns for Mr. Peary; Mané and M'gipsu are sewing. The former is a poor sewer, but M'gipsu is very neat as well as rapid, and I have suggested to Mr. Peary that he offer her an inducement if she will stay and sew until all the garments are completed. She understands us and we understand her better than any of the other natives, including Ikwa and Mané, although they have been with us fully ten weeks longer. I hope it is not a case of new broom, but that she will wear well. The little girl Tookymingwah, whom we all call Tooky, is a neat little seamstress, but is not very rapid. A few days ago her mother, named Klayuh, but always called by us "the widow," arrived with her two younger daughters, the youngest about five years old. I asked her if she had only the three children, and she burst into tears and left the house without answering me. Turning to M'gipsu, I asked her what it meant, and she said

it was "peuk nahmee" (not well) for me to ask Klayuh about other children. When I insisted upon knowing why, she took me aside and whispered that Klayuh had just killed her youngest child, about two years of age, by strangling it. She went on to explain that it was perfectly right for Klayuh to do this, as the father of the child had been killed, and she could not support the children herself, and no man would take her as a wife so long as she had a child small enough to be carried in the hood. I asked her if this was always done, and she said: 'Oh, yes, the women are compelled to do it.'"

A pleasanter aspect of Eskimo life is revealed in the following entry, under date of April 6th:

"To-day has been so lovely that the women took their sewing on top of the house, where they also took their babies, stripped them, and placed them on a deerskin, allowing the sun to beat upon them. The little ones crowed and seemed to enjoy it hugely."

"Eskimo children," Mrs. Peary says, "are tiny, ugly creatures," and until they are able to walk never wear anything but a sealskin cap which fits close about the face where it is edged with fox, and a foxskin jacket reaching to the waist.

"At first I thought the woman's dress was identical with that of the man, and it puzzled me to tell one from the other; but in a day or two I had made out the many little differences in the costumes. The woman, like the man, wore the *ahtee* and *netcheh*, made respectively of the birdskins and seal-skins. They differed in pattern from those of the man only in the back,

where an extra width is sewed in, which forms a pouch extending the entire length of the back of the wearer, and fitting tight around the hips. In this pouch or hood the baby is carried: its little body, covered only by a shirt reaching to the waist, made of the skin of a young blue fox, is placed against the bare back of the mother; and the head, covered by a tight-fitting skull-cap made of sealskin, is allowed to rest against the mother's shoulder. In this way the Eskimo child is carried constantly, whether awake or asleep, and without clothing except the shirt and cap, until it can walk, which is usually

at the age of two years; then it is clothed in skins, exactly as his father if it is a boy, or like her mother if a girl, and allowed to toddle about. If it is the youngest member of the family, after it has learned to walk it still takes its place in the mother's hood whenever it is sleepy or tired, just as American mothers pick up the little toddlers and rock them."

One little maiden of four winters, "the bright-eyed mischievous Anadore," quite took Mrs. Peary's fancy. The poor little thing, who is represented on our frontispiece, died not long after Mrs. Peary's departure.

A NOVELTY FOR THE SICK ROOM.

Fort Spokane.
Washington.
Oct. 11, 1893.

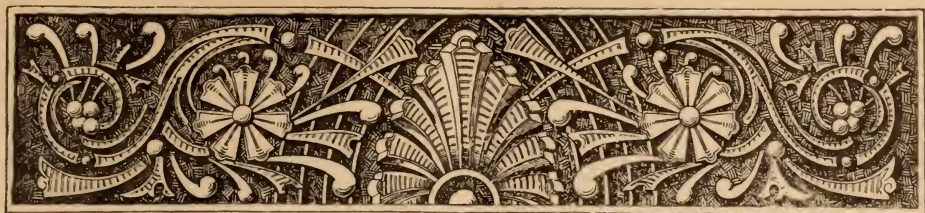
To the Editor of Babyhood.
I have a little brother eight months old, who is very ill, and being the son of a Prohibitionist, he refuses to take a mixture of water and S.erry, so I have made an invention, so that he will have to take it, here it is; take a pen-filler, and fill it full of the mixture. then put the

end in his mouth and squeeze the rubber, in that way he will have to take it or choke.

I hope this will help the anxious mother readers of Babyhood. I am only a little girl of nine years, but I wish very much you would print this as my father and mother are laughing at me for writing this

Yours truly,
Gertrude L. Harvine

[We print your letter with great pleasure, and as our readers will doubtless be glad to see the handwriting of the youngest contributor BABYHOOD has ever had in its "novelties" department, we reproduce it in fac-simile, exact except for the reduction in size necessary to fit our columns. Your "invention" will doubtless be appreciated by many weary mothers.]



THE MOTHERS' PARLIAMENT.

—Can any one give a perplexed parent some suggestions as to the wisest way to deal with what mothers call “tantrums?” Sometimes it is easy to trace the cause of these fits of naughtiness; again, they come as unexpectedly and severely as a thunder shower in summer.

Recently I had this little experience: At dusk I called my little son in from play to supper. He is nearing his sixth birthday, and has not yet acquired a habit of implicit obedience. This time he came pleasantly and willingly. On seeing supper ready the storm broke. It commenced with—“I don’t want to eat my supper now.” I told him it was supper time, and seeing signs of mutiny asked him if he had had a pleasant play-time with his mates, hoping to divert his attention and avert the storm. He answered that he had, and I got water ready for him to wash his hands. Then the tempest increased: “I don’t want to eat my supper! I *shan’t* eat my supper! I *won’t* eat my supper! I think you are mean to make me eat my supper now.”

Feeling sure he was overtired, I paid no attention to this burst, hoping he would presently feel ashamed and say so, my course being taken by advice from older and more experienced matrons, that it was wise to avoid a battle, accompanied by the hint that I was apt

to be too exacting in my demands. But, contrary to my expectations and some recent experiences, silence seemed only to make the matter worse. There ensued a season of screaming and kicking. Still I read on, apparently noticing nothing.

The screams subsided into mutterings, and the boy began to wash his hands. Struck by a new idea he threw the water by handfuls on the floor, furniture and walls. Convinced that it was time to speak, I very gravely and gently called him by name and said: “Come here.” He retreated to the farther corner of the room and said: “I won’t. Just see what I did to your floor!” With a mental sigh, recalling many an article representing children as always obeying, and wondering why my boy sometimes does and sometimes does not, I repeated my request. Same result. Still the third time I called, though now it required a greater effort to speak gently. Slowly protesting at every step that he would not, he came.

Taking him on my knee, I said: “I am sorry to see my little boy so naughty; if you had a little boy and he behaved toward you as you have done toward me, what would you do?” “Don’t know,” sulkily. So I placed him on a chair, saying: “Sit here and think about it. When you do know come and tell me.” Like a flash the

answer came: "I should spank him; and then I guess he'd behave better."

"So you would whip your boy," I began, but he interrupted with: "Don't you whip me, mamma, and I'll be just as good—I'll eat my supper just as you tell me." "Still you think you deserve a whipping?" "Yes." "Well, I don't like to whip my little boy; it makes me feel sorry whenever he makes it necessary, and I am not going to whip you this time—though you would whip your little boy—unless you make it necessary by more naughtiness."

He commenced to eat his supper with the remark, "I know I deserved a whipping, but I am glad you did not give it to me," and peace reigned.

The storm came on so suddenly, from so trivial a cause, and was so severe, that I do not know whether I pursued the right method or not. In a minute it was apparently forgotten, and I have seriously questioned whether I should have tempered justice with mercy or forcibly demonstrated that "the way of the transgressor is hard."

There must be other mothers who find ordinary methods uncertain in effects, and who will appreciate any light on the subject as much as I will.—*A Perplexed Parent, Reading, Mass.*

—My diary, instead of being confidential is
One Mother's Diary. always open, and has

been quite a source of entertainment to my friends; it collects suggestions for every reader interested in the little ones, and is interesting not only to maternity but to all stages of life, for it has the babies' cute sayings in it, and from baby to grandma it is a familiar book.

To begin at the beginning, as the children say, mine was purchased in my early wedded life, and the wedding guests form the first entry; opposite each name is the date of the reception attended, and below a list of the presents received. On the next page come the notices from the newspapers; the descriptions of the dresses are entertaining even at this date, and each year increases their value, the notices as usual in such cases being extremely laudatory and incorrect as to the costumes.

When in the course of time our baby boy came we put down a little account of his appearance, weight and behavior. I had a calendar at this time with a quotation from different authors, one for each day in the week; the following one coming on Baby's birthday is so apt that I must give it: "Come forth into the light of things; let nature be thy teacher."

I will note some of the entries for a few months:

J—— weighed 8 lbs. at birth.

" " " 16 " " 3 months.

First sound, "goo," at 8 weeks.

Weight, 16 lbs.

First picture at 3 months.

Second picture 5½ months, weight 21 lbs. At 6 months, weight 23 lbs.

Jan. 18th, first tooth, lower right incisor.

Jan. 28th, second tooth, lower left incisor.

And so on until the twentieth month.

And so we keep adding to the diary; accounts of any indisposition are given, also all new accomplishments, the weight at fixed intervals, observations

on diet, and everything of interest about Baby.

When the little girl arrived all the details were noted as above, and comparisons made; so the book grows. In the back is a list of nurses' residences; another page has a list of domestic remedies.

To our great delight, when D—— was three months old, for a christening present a book was given her entitled *Baby's Biography*. It is a charmingly illustrated volume, with spaces for all the items of interest from birth till marriage. All mothers would appreciate the gift, though the home-made one is still indispensable, and always will be.—*S. C. D., Philadelphia.*

—"A doubting Mother"

**Further
Debate.**

teaches a very dangerous doctrine when she assumes that obedience is not a prime necessity for the safety and proper development of children. Any adult of ordinary intelligence and character knows better what must be done than the wisest child under ten years old. And after that age, if the habit of obedience has been formed, a child will gradually assume his independent life, as his powers of body and mind fit him for it.

The young men who are trained at West Point and Annapolis for future command are first taught absolute obedience. Washington was a most obedient son. Luther was trained by the strict discipline of a monastery. Submission in early life to rightful authority does not weaken the will; it only teaches self-control and self-restraint, two of the most valuable lessons we can learn.

I can sympathize with the mother who must control children of stronger

wills and characters than her own, for such has been my difficulty. By the time my first child was a year old, it was evident that I must use all the will-power and sense of duty I possessed to teach the little creature obedience; and the struggle with her and the others still continues. It certainly is a "labor," but to say it causes "great suffering on both sides" is an exaggeration. I can now trust my girl of nine, and know that when away from me she will implicitly obey the rules made for her daily life. While always insisting on instant obedience, as soon as my children could understand, I would afterward explain to them the reasons why certain conduct was required in certain circumstances. I tried to show them that I was teaching them to obey the laws God had given us. Such reasoning is of no use while a self-willed child is resisting authority, but after the combat is over and the child has submitted and is in a good humor again, he will listen and understand, and it will help him to behave better next time.

At a hotel in summer, when most of the children danced until eleven o'clock at night, some of the mothers would say to me, "How do you induce your children to go to bed at eight?" I answered that there was no "inducing" about it; when eight o'clock came, the habit of years was all that was needed to bring my little ones quietly to rest. It was the same in the way of unwholesome food when away from home, and as regards many other temptations that assail children as they emerge from babyhood.

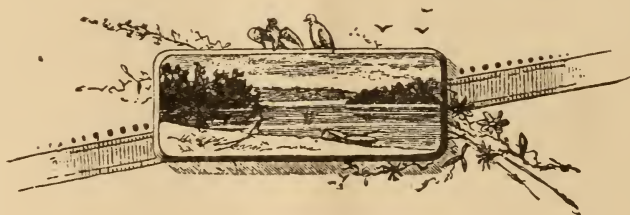
As much as possible I have followed the plan of Herbert Spencer, and made the penalty fit the offense. Things

left out of place or misused were put out of sight; a careless girl made to mend her own clothing; a teasing, whining child left at home when others went on some pleasant excursion; a cross child put to bed. Whipping was but seldom needed, but when it was, it was given severely enough to make an impression.

One thing I never did was to make a conflict of will, by saying "I will punish you until you do thus and so." I knew of a little boy put to bed under such circumstances who stayed there several days, and the mother was at last conquered. All such contests are needless and most hurtful. If a child refuses to speak some word or do some act that you wish, punish him for the disobedience, but do not insist on the act. As children grow a little older, one of the best penalties is to send them for half an hour, or longer, to sit

alone in a bedroom, where there is no form of amusement, and reflect on their conduct. They always come from such a season of seclusion in a repentant frame of mind.

I have been watching the education of a boy brought up on the principle of the "Doubting Mother"—love, example and freedom. He is now eight years old, a charming boy of good heart and disposition. But he has suffered from repeated illness and accidents caused by having his own way. He has hurt his playmates, killed animals, and been in all sorts of trouble, from which his mother might have saved him, if she had made him obey, instead of leaving him to learn by experience. When with me I control him just as if he were my own child, and he never resents it, and always likes to stay at our house.—*T. B. C., Philadelphia.*



NURSERY PROBLEMS.

"Blackheads;" Imperfect Growth of Nails.

To the Editor of BABYHOOD:

(1) My little eight-year-old girl has had a very lovely complexion, but within the last few weeks I have noticed a few isolated blackheads appearing; could you tell me the cause and prevention of same? Having myself always been troubled with them, I fear that she may also be annoyed and disfigured, unless taken in time. I am very careful as to her diet; she has been raised according to BABYHOOD's directions. I have been a faithful reader and follower of your magazine ever since its publication began.

(2) My little boy, five years of age, has always had poor nails. In spite of great care, both his finger and toe nails will break off

at the least touch. His teeth also are poor; could there be any connection between the two? He has always been a very healthy, hearty child, having had no stomach trouble of any kind. Can I do anything to prevent the brittleness of nails and decaying of teeth?

C. R.

Walla Walla, Wash.

(1) In the skin are multitudes of little glands secreting a fatty substance known as sebum. These are the sebaceous glands. If, as is frequent in young persons, they are overactive, the glands fill up with the cheesy secretion, and

the outer extremity becomes darkened by pigment or by the deposit of dust which adheres. The treatment consists first in emptying the glands as often as a "blackhead" appears. This is done by squeezing out the contents in some way. The finger-nails if smooth will do, but a better thing is a good-sized watch key, and a still better one is a metal tube with a smooth and not too thin end with a hole of the size of an ordinary steel knitting needle. The watch key and the tube will be applied in the same way, that is, the open end is placed over the black point and the instrument pressed rather suddenly down, when the "blackhead" springs out of the cavity. The face should be daily washed with soap and water, unless there is a tendency to inflammation, in which case warm water, preferably bran water in which a little borax has been dissolved, will take its place. Other applications are sometimes called for, but would better be prescribed by a physician. Internal remedies, beyond those necessary to keep the digestion in good order, are usually not called for.

(2) The nail trouble is an obstinate one at best, and we think that it is beyond domestic treatment, except for such assistance as you may give by keeping the child in good general health. The same, we should say, applies to what you can do with regard to the prevention of the decay of teeth. The fact that both nails and teeth seem to be poorer than the average makes us suspect that either the child is not really so robust as you think, or that there is some fault in his nutrition.

Tendency to Bow-legs.

To the Editor of BABYHOOD:

I fear my little girl is going to be bow-leg-

ged. She is only eight months old and does not walk as yet, but her legs are certainly not straight. Is there anything I can do to remedy this?

READER.

Montevideo, Minn.

Of course the little one does not walk at eight months, and few babies even try to stand at that age. Whether or not your fears are well founded is impossible to say without inspection of the child. If a baby is very fat the lines of the bones are masked, and some experience is necessary to determine their actual condition. An abnormal distance between the knees sometimes is due to clumsy napkins, the thighs being kept apart and the feet brought together by too tight skirts or in some similar way. The deformity is likely to correct itself, if the cause is removed.

If you mean that the legs proper, *i. e.* that part between knees and ankles, are not straight, we would say this: The line of the shin is of course nearly straight, and at the top and the bottom of the shin bone there are natural prominences of bone which give to the inner side of the leg of a child, if not very fat, a decidedly curved shape. Whether in your child this curve is more crooked than it should be is of course beyond us to say. We have had sometimes a good deal of difficulty in preventing anxious parents from loading a pair of sufficiently straight shins with heavy irons, the limbs eventually being all that was desired without apparatus.

If you are sure that the bones are more curved than they should be, you can accomplish a great deal by frequent gentle but firm pressure with the hands in the direction toward which you wish the bone to bend. So, too, you can construct braces to be worn in bed

by putting a well-padded piece of thin board (cigar-box material for instance) on the inner side of the limbs and passing a handkerchief or baudage around it and the prominent part of the curve. But first be sure that the bone is really crooked.

Thumb-sucking.

To the Editor of BABYHOOD:

The article in a recent number on "Thumb-Sucking" came home to me, for I am having an experience with it and have not come off victor so far. My little boy began it at about three months, when I found it necessary to wean him; but we kept thinking he would drop the habit, as he seemed to enjoy and thrive on the new food, Peptogenic Milk Powder. At about six months I began putting a bit of quinine on the thumb, then tried cots and various other things, but to no purpose. I dropped the matter during the summer, however, as his teeth were coming quite fast.

Finally, after his stomach and eye teeth came through, he dropped the habit easily after wearing a cot again for a few days, and we supposed our trouble was at an end. But in about four months, after recovering from a severe cold, he began again, and neither cots, aloes, asafoetida nor anything I have tried has broken that love for his thumb. He sucks it persistently, often playing with it in his mouth, in spite of our efforts to the contrary.

He is now twenty-seven months old, is well, yet not very rugged, and does not care much for hearty food, preferring milk mostly. Can you suggest anything that may help us? We are anxious indeed to break this habit.

A SUBSCRIBER.

Benzonia, Mich.

Your experience seems to us to point in the direction we alluded to when we said that we thought the habit of sucking was only a part of a nervous habit which called for something in the mouth. We might have gone further and said that it is often an expression of some discomfort somewhere. Thus, if a well child is watched, we generally find (one cannot say always, as one cannot watch all children, but we think the fact one of general application) no tendency to suck the thumb when it is quite happy or comfortable. But if it be weary, sleepy, hungry or thirsty, if

its gums are tender, or the symptoms are such as would make an adult complain of dyspeptic symptoms, or if even it is only grieved or lonely, it seeks comfort from sucking the thumb. It is used as is the ever ready cigar or the cup of tea—or of something else—of adults. Where a child is not robust and has perhaps—if it could express such shades of meaning—an ever present feeling of invalidism, the resort to the comforter becomes a nearly constant habit. Take your own child as an instance: While he was teething, and doubtless had discomfort in his gums and perhaps elsewhere, you failed to stop his habit; after his teeth were through he stopped for four months. When ill he began again. He is now twenty-seven months old, and you do not say whether he has yet his second molars. Probably he has not, and if not, the irritation may be just enough to keep up the suggestion of the need of something in the mouth. At all events he is "not very rugged" and his feeble appetite, or at least disinclination to take things generally desired at his age, suggests a feeble and probably uncomfortable digestion. Our suggestion would be to use every care that would improve his condition as to digestive power and general vigor, with the full assurance that as he gained in these respects he would drop the objectionable habit.

Night Nursing

To the Editor of BABYHOOD:

Will you kindly tell a new subscriber, and expectant mother, how soon after birth it is feasible to leave off night-nursing? And how often must you nurse a new baby at night? If it can stand starving for three days, it seems to me it could do no harm to let it go from say ten o'clock to three or four, from the first; but I should like an opinion based on experience.

L.

Washington, D. C.

It is the rule that a new-born baby be put to the breast once in two hours during the day for the first week, but less often at night, perhaps once in three or four hours. After the first week and until, say, six weeks, once in two and a half hours is enough in the day, and the night interval can usually be four hours. Suppose the baby to have been suckled and put to bed at 6 P. M. and you to retire from 10 to 10:30, you would before retiring change and suckle him. You might be obliged to do it again by 2 A. M. If he wakes between, give him necessary attention and a drink of luke-warm water. Soon he will sleep longer and longer, and by six months you should be able to leave him unfed (probably not unchanged) from your bedtime to early morning. Most undue night feeding comes from habit, engendered by the fact that a nursing mother finds her breast (or an attendant a bottle) a short way to save herself labor, for the moment, but not in the end.

Probable Indigestion.

To the Editor of BABYHOOD:

My baby is restless nights, and I can find no reason. He is fourteen months old, has had two teeth nearly three months. He has his bottle about three times a day and is fed cornstarch, etc., for at least two meals. His bottle consists of one-third corn coffee and two-thirds milk and a tablespoonful of limewater. The milk is always scalded. This milk-and-coffee is the only thing that has agreed with him all summer. He weighs twenty-four pounds and has gained four since his first birthday and is improving in every way. He walks alone. Why doesn't he sleep better nights? A. T. H.

Cleveland, O.

The reasons why a child is restless at night are very many, and which particular ones are active in this case we cannot at this distance certainly say. But your letter gives a suggestion.

Here is a child of fourteen months, amply heavy and strong enough to walk alone. But he is very late indeed in teething. He has two teeth only, and these probably the lower front teeth. Having no chewing teeth he is given "at least two meals" "of cornstarch, etc." The "etc." we do not know, but we should expect a child without chewing teeth who is given so much starchy food to have a flatulent indigestion, which would be likely to make him restless at night. We do not say that this is the cause, but it well may be. Further, he may be getting more teeth and the sensitiveness of the gums may make him sleep imperfectly.

Insomnia.

To the Editor of BABYHOOD:

Little Jack, of four and a half months, suffers from what seems to be insomnia. The only good sleep he gets is from five to eleven; the rest of the night he wakes often, sometimes every half hour, and other nights he has hardly slept for more than ten minutes at a time. He is put to bed in a large crib, warmly dressed in flannel nightgown and wrapper, and covered with soft blankets well tucked in—at eleven he is nursed, and sometimes sleeps until one; then his sleepless time comes. It is not unusual for him to be awake for an hour or two between that time and five in the morning, when he is nursed again; from that time on he has only cat naps until bedtime. I have consulted a physician, who says he is a "remarkably well-nourished, well-cared-for child and perfectly well." He thinks the sleeplessness is a habit. The baby has a slight weakness near the navel, so he has to wear a support, and we do not dare to leave him to cry himself to sleep. He weighed seven and one-half pounds at birth, and now weighs seventeen. He is nursed at 8 and 11 A. M., 2 and 5 P. M., during the day, goes out when it does not storm, and is kept as quiet as possible. He is very active, enjoys kicking—laughs and crows. He has been in short clothes six weeks. If any one could suggest from longer experience anything to help me get him into better habits I should be most grateful.

Cleveland, O.

JACK'S MAMMA.

Wakefulness is, of course, often a habit and sometimes apparently an unconquerable one. Nevertheless we have

known some very obstinate instances which were overcome by interrupting the habit artificially for a time. We hesitate to do this, however, so long as a child shows the evidences of perfect health you describe.

The only things explanatory of his wakefulness that suggest themselves are, first, that the support is sufficiently

irksome to him to keep him awake except when he is really tired out; secondly, that he may have some irritation in the gums from coming teeth. We have often seen wakefulness without other evidence of any disarrangement from this cause. If, however, the wakefulness is of long standing, this is probably not the cause.



NURSERY LITERATURE.

We give herewith descriptions of a number of new books suitable for holiday gifts, especially for children. The sizes are stated in inches, the height first and width second. All may be found at the leading book stores, or any bookseller will take orders for such as he may not have in stock. For convenience, however, of those who may wish to purchase by mail, the addresses of publishers are given at the end of the list.

Books for Children under Six or Eight Years.

A Day with the Sea Urchins. By Helen M. Burnside.—A story of six "Sea Urchins," three boys, named Jasper, Emerald and Ruby, and three girls, Pearl, Topaz and Amethyst. One is a poet and one an artist. Riding astride sea horses they travel through the depth of the ocean, attending receptions to their queen, visiting various strange places and meeting with sundry adventures. The book is interspersed with a number of their songs, set to music, and illustrations in colors. 8 1-2 x 7, 100 pages. Boards, 75 cents. F. Warne & Co.

Topsys and Turvys. By P. S. Newell.—A curious collection of full-page pictures so drawn that each, on being inverted, produces another picture to complete a rhyme or jingle begun when the book is held right side up. Some of the subjects are models of ingenuity, and will not fail to surprise and delight little folks. 6 3-4 x 9, 62 pages. Boards, \$1.00. Century Co.

The Owl and the Pussy Cat; and The Duck and the Kangaroo. By Edward Lear.—A book of 30 pages of heavy paper, containing these two "nonsense rhymes" familiar to many, embellished with numerous colored illustrations by William Foster. 8 x 6 1-4. Boards, 50 cents. F. Warne & Co.

Nonsense Birthday Book. By Edward Lear.—Compiled from "The Book of Nonsense" and "More Nonsense," both of which are more or less familiar to our readers. Each alternate page is occupied with one or more illustrated jingles, the opposite page containing blank lines and dates in consecutive order from January 1 to December 31. 6 1-4 x 5, 383 pages. Cloth, gilt edges, \$1.25. F. Warne & Co.

The Flag Painting Book.—This is a unique and interesting plan of giving colored models of flags, ships and various other marine subjects on one page, while the opposite page contains uncolored cut-lines of the same. The leaves consist of a good quality of drawing paper, and with a box of paints a child has thus a large variety of subjects, ranging from a simple single color to elaborate combinations of numerous shades, with opportunity for learning the flags of all nations as well as practice in painting. Certain costumes and uniforms are also included. 9 x 6 1-2, 60 pages. Flexible boards, 50 cents. F. Warne & Co.

The Brownies at Home. By Palmer Cox.—Who needs so much as a hint as to the contents of this, another fascinating Brownie book? The Brownies are now known and read of all men and women,

and are loved in babydom from the river unto the ends of the earth. 150 pages. Boards, \$1.50. Century Co.

New and True. By Mary Wiley Staver.—A collection of numerous "rhymes and rhythms and histories droll for boys and girls from pole to pole," with well-executed pictures on nearly every page. 10 x 7 1-2. 136 pages. Cloth, \$2.00. Lee & Shepard.

Happy Hours.—Six illuminated pictures, on boards connected at the ends to unfold and extend lengthwise. Parts of the figures may be made to stand out, adding to the perspective. 7 1-2 x 9 1-4. 50 cents. F. Warne & Co.

Favorite Pets. Pictures and Verses by E. S. Tucker.—White mice, rabbits, chickens, guinea pigs, etc., constitute the "pets," to each of whom is devoted a page of rhyme and tasteful illustration in colors. 11 x 9, 24 pages. Boards, \$1.25. F. A. Stokes & Co.

Our Animal Picture Book.—A dozen large colored pictures of animals, mounted on linen and hence not tearable, 10 x 12 1-2. Flexible covers, 75 cents. The same, printed on paper, 50 cents. F. Warne & Co.

Father Christmas's A. B. C.; Dicky Bird's A. B. C.—Each of these is similar in style and binding and size to the above. Printed on paper, 35 cents; untearable, 65 cents. F. Warne & Co.

Animals Tame and Wild.—Similar to the above. Price, on paper, 50 cents. F. Warne & Co.

Songs For Our Darlings. Edited by Uncle Willis.—A collection of some 120 poems, old and new, a few of which were identified long ago with "Songs for Little Ones at Home," and all of much the same general character, including illustrations, certain to interest all babies of the larger growth. 7 1-4 x 5 1-2, 224 pages. Boards, 50 cents. Lee & Shepard.

Mrs. Follen's Little Songs; and New Songs for Little People (In one volume).—A collection of about 100 short poems, similar in general style to the above, only rather more juvenile in character. Illustrations on nearly every page. 7 1-4 x 5 1-2, 200 pages. Boards, 50 cents. Lee & Shepard.

Twice Told Stories for the Little Ones.—"Chicken Little," "Old Mother Hubbard," "The House that Jack Built," etc., poetry and prose, all appropriately pictured with wood cuts. 7 1-4 x 5 1-2, 175 pages. Boards, 50 cents. Lee & Shepard.

Mrs. Partington's Mother Goose's Melodies.—Edited by Uncle Willis. Uniform in size and style with the above and containing all the more familiar Mother Goose jingles, with 100 illustrations, 144 pages. Boards, 50 cents. Lee & Shepard.

Granny's Glasses.—This is one of the beautifully printed books from the press of E. Nister, Nuremberg, with illustrations in

colors, consisting of short stories and chymes, and is as artistic book-making as any child need expect to find. 9 x 7 1-2, 44 pages. Boards, \$1.00. E. P. Dutton & Co.

Our Little Men and Maidens.—Similar to the above, in size and style, and also printed by Nister. Boards, \$1.50. E. P. Dutton & Co.

Books for Older Children.

The Century World's Fair Book for Boys and Girls. By Tudor Jenks.—The sub-title reads: "Being the adventures of Harry and Philip with their tutor, Mr. Douglass, 'at the World's Columbian Exposition; with off-hand sketches by Harry and snap-shots by Philip, and illustrations by better-known artists, and reproductions of many photographs." All who visited the White City will appreciate this very elaborate and full description of a thousand things of interest, and will prize so intelligent and well-arranged an account as a valuable souvenir. Those who could not go should be thankful that so entertaining and useful a substitute has been provided for them. And those who might have gone and did not will not find much comfort in its pages, for the bliss of ignorance as to what they missed will be replaced by more or less of remorse for their lack of patriotism if they read half of it. It is altogether good, text and pictures. 9 3-4 x 7 1-2, 246 pages. Boards, \$1.50. Century Co.

On the Old Frontier. By William O. Stoddard.—A story of the last raid of the Iroquois, based on fact, and written in the keenly interesting vein which the boy and girl readers of Mr. Stoddard's previous books have learned to expect. The narrative centers around Plum Hollow Fort, in the western part of New York State, and both its romance and its history will hold the readers' attention to the end. It contains ten full-page pictures. 8 x 6, 340 pages. Cloth, \$1.50. D. Appleton & Co.

John Boyd's Adventures. By Thomas Knox.—This author's well-known facility for imparting, by means of a thrilling story, unlimited stocks of information about the sea, sea-talk, sea-adventure, etc., as well as geography and history, to say nothing of bits of anthropology, is here shown without stint, and the boy who follows the ups and downs (especially the latter) of John Boyd as here described, will learn as much as he needs to know of pirates, desert islands, enforced slavery, etc., without the trouble of the experience. A dozen full-page illustrations make certain parts of the story very vivid. 8 x 6, 303 pages. Cloth, \$1.50. D. Appleton & Co.

Paul Jones. By Molly Elliot Seawell.—Readers who have laughed and cried over "Little Jarvis," by the same author, will be equally interested in this historical romance of a young American who, in the early days of the republic, sailed around the British Isles and defied the entire British fleet. The book is appropriately

illustrated with 8 full-page pictures, and is tastefully bound in blue and gold, uniform with previous volumes of the "Young Heroes of Our Navy" series. 8 x 6, 166 pages. Cloth, \$1.00. D. Appleton & Co.

Dr. Dodd's School. By J. L. Ford.—A capital story of the ups and downs of school-boy life, including the organization of a secret society for the reformation of certain wrongs, and an account of what finally came of the attempt. Several good pictures, and very tasteful binding. 8 x 5 1-4, 268 pages. Cloth, \$1.50. Dodd, Mead & Co.

Silver Bowls. By Mrs. George A. Paull.—A wholesome and interesting story for girls, detailing various phases of domestic life, the prevailing sentiment tending to show the rational value of the motto "Do ye next thynege." Considerable useful information is thrown in by the way. 7 1-2 x 5, 428 pages; 4 full-page illustrations. Cloth, \$1.50. American Tract Society.

Frankie Bradford's Bear. By Joanna H. Mathews.—A story for girls, in which several boys and girls, a bear and a shotgun make up an interesting and quite lengthy narrative. 7 x 4 1-2, 253 pages; 2 full-page illustrations. Cloth, \$1.25. F. A. Stokes Co.

On a Snow-Bound Train. By Julia McNair Wright.—The imprisonment of a trainful of passengers in a winter storm is made the starting point of a very good story for boys and girls, filled with religious sentiment and instruction and containing many interesting episodes. 7 1-2 x 5, 276 pages; 4 full-page illustrations. Cloth, \$1.25. American Tract Society.

American Boys Afloat. By Oliver Optic.—This is a new volume in the author's "All Over the World Library," and is a fitting companion to its predecessors. Although a continuation of the narrative of the adventures of Louis Belgrave and Felix McGavonty, the volume is sufficiently complete in itself, and will prove fascinating to almost any young reader. It contains a number of full-page illustrations. 7 1-2 x 5, 344 pages. Cloth, \$1.25. Lee & Shepard.

Gift Books for Adults.

I Have Called You Friends. Designs by Irene E. Jerome, consisting of brief extracts from Scripture and brief sayings and poems by Ralph Waldo Emerson, Helen Hunt Jackson, John W. Chadwick, Paul H. Hayne and others. All the sentiments relate to some quality or phase of friendship. The text is clearly printed in Old English, and every page framed in an ar-

tistic design, chastely illuminated in missal style, with pansies in colors, varying in style from page to page. 9 3-4 x 7, 24 pages. Boards, in box, \$2.00. Lee & Shepard.

Our Colonial Homes. By Samuel Adams Drake.—A volume of descriptions of a score of houses characteristic of colonial times still standing, with much historical information, and illustrations from photographs. There are included the homes of Edward Everett, Paul Revere, John Howard Payne, etc., comprising a collection of much value. 10 1-2 x 7 1-2, 211 pages. Cloth, gilt edges, in box, \$2.50. Lee & Shepard.

Periwinkle. By Julia C. R. Dorr.—This edition is beautifully illustrated by Zulma De Lacy Steele, and is in size and style similar to the "Ancient Mariner." \$3.00. Lee & Shepard.

The Rime of the Ancient Mariner. By Samuel Taylor Coleridge.—Illustrated by J. Noel Paton. R. S. A. This edition is most tastefully illustrated, printed and bound, and contains an Introduction by Francis H. Underwood. 8 x 10, 57 pages. Cloth, gilt edges, in box, \$2.00. Lee & Shepard.

Baby's Kingdom. Designed and illustrated by Annie F. Cox.—We have had occasion before to commend this beautifully prepared blank book for recording Baby's history. This year's edition is not behind its predecessors in its tasteful design and execution. 8 x 10, 130 pages. Cloth, gilt edges, in box, \$3.75. Lee & Shepard.

Daily Food. Selections of two scripture texts, with a verse of poetry, for each day of the year, two days to a page. 5 1-2 x 4, 192 pages. Cloth, gilt edges, 75 cents. American Tract Society.

All Around the Year. This little calendar of tasteful designs on 12 cards connected by silk tassels and a silvered chain is tolerably well known, and the 1894 issue is as neat as usual. 5 1-4 x 4. 50 cents. Lee & Shepard.

Publishers' addresses:

American Tract Society, 150 Nassau street, New York; D. Appleton & Co., 3 Bond street, New York; Century Co., 33 East 17th street, New York; Dodd, Mead & Co., 5 East 19th street, New York; E. P. Dutton & Co., 31 West 23d street, New York; Lee & Shepard, 10 Milk street, Boston; F. A. Stokes Co., 27 West 23d Street, New York; Frederick Warne & Co., 3 Cooper Union, Fourth avenue, New York.

Any of these publishing houses will, on request, send their holiday circular, or catalogue.



Babyhood.

Devoted exclusively to the care of infants and young children, and the general interests of the nursery.

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EYE TROUBLES IN CHILDREN.

BY CHARLES H. MAY, M.D.

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THE expressions "sore eyes," and "weak eyes," though both lay terms, and, scientifically speaking, imperfect, would be allowable were they properly understood and less frequently confounded. The expression "weak eyes" correctly belongs to a condition which is the result of some change in the shape of the eyeball, causing either defective sight or good sight only at the expense of a tiresome effort—in other words "eye-strain." "Sore eyes," on the other hand, are those in which the lids have suffered some structural change, either reddening or inflaming them, causing them to become swollen, thickened or distorted, or causing their edges to become covered with scales or crusts, a condition which leads to the loss of some or many of the eyelashes. Keeping these definitions in mind, it will be obvious that the two titles refer to entirely different conditions.

Very often the two conditions just defined are associated; the existence of "weak sight" associated with eye-strain and uncorrected by proper glasses frequently leads to changes in the lids, and then "sore eyes" are added. As a matter of fact, a very frequent

cause of "sore eyes" is eye-strain; as a result of excessive action there is too great a supply of blood, naturally producing redness and swelling.

Another very common cause is some constitutional error or disease. The eye is very responsive to changed conditions of the system—a sort of mirror which reflects abnormal states existing in remote and hidden parts of the body. Observe the frequency with which the eye becomes affected after the various contagious diseases, especially measles and scarlet fever; again, how rapidly the increased strength of children convalescing from disease is evidenced by ability to expose the eye to additional light and work.

Scales and Crusts Upon the Edges of the Lids.

One of the commonest of lid-troubles in children, and one which the mother regards with the greatest concern on account of its disfiguring tendency, is the occurrence of scales or crusts upon the edges of the lids. At first little flakes of skin will be noticed just where the eyelashes start from their attachments; then, if nothing be done, these become larger and larger, forming crusts; finally, if still unattended to,

the entire length of the lids will present a ridge of incrustation, matting together the lashes. These crusts fall off after awhile, and are replaced by others; each successive incrustation carries away many of the lashes, and ulcerates and destroys the hair-follicles—the parts from which the lashes grow and by which they are nourished.

Such a condition is popularly called “granular lids.” This is a very erroneous term, for, as we shall see later on, it is the name given, even scientifically, to another quite different and more formidable disease—not of the edges of the lids and their lashes, but of the inner surface or lining. If we shrink from the technical Latin term for this disease, “blepharitis,” we will be correct in calling it “crusting of the lids” or better, “eczema of the lids”—for it is really an eczema, just like that which occurs upon the scalp and face.

In considering the treatment, we often find that this affection occurs in scrofulous and anæmic children, and during the convalescent stage of febrile disorders; in such cases much attention must be paid to the condition of the system and its abnormality corrected, if we wish to effect a thorough and lasting cure.

In many cases the affection is entirely local, and then a very little treatment of the mildest sort may be efficacious. The important point is to recognize the trouble early, while we are still dealing with small scales and when crusts have not yet formed; in this stage it will simply be necessary to cleanse the attachment of the lashes thoroughly with warm water to which a pinch of borax or bicarbonate of soda

has been added; or, a little white castile soap added to the water will answer; soap and water are excellent remedies even applied to lids and lashes.

The removal of the scales must be thorough, no matter how red or sore the edges of the lids become; then the lids should be dried thoroughly and a little white vaseline applied to the edges. Even healthy lids are benefited very often by the occasional use of white vaseline along the edges applied at night before retiring—the lashes become less dry and are then less apt to fall out; though it must be remembered that the loss of lashes is a physiological process constantly taking place, and that lost lashes are replaced, when the lids are healthy, within three or four weeks; it is only when a greater number fall out than are replaced that the process becomes a disease.

In the more severe cases, where crusts have already formed, it is still proper to remove them with water modified as above stated, using as much force as is necessary, even if soreness and bleeding result, and if many of the lashes are removed in the cleaning process—for the lashes thus lost would be sure to fall out in any case. In the subsequent treatment of such more serious cases, however, simple vaseline will scarcely be sufficiently potent and the services of an oculist will be necessary.

Styes.

A very trivial but annoying affection of the lid is the *stye*. Very few children have not had styes at some time or other. They are not of any great importance, though often painful and frequently occasioning great swell-

ing of the affected lid; before the styte shows itself, the swelling and redness may be so severe as to give rise to worry and alarm.

The usual mother's treatment of stytes is as good as any—hot poultices—after it is quite certain that the styte has formed. But in the early stages, especially when previous ones have taught us what is about to take place, cold compresses may serve to abort the petty trouble and prevent the formation of matter which takes place when the styte “ripens” or “comes to a head.” A little cleansing of the edge of the affected lid is often of service in this early stage; the *rationale* of this will be understood when we remember what the nature of a styte is: a small swelling formed around the attachment of one or more lashes, like what we would call a pimple when occurring on any other part of the body, but more painful because it occurs upon such a sensitive organ; it is likely that the deposit of a little dirt around the point of origin of the lashes favors the formation of the styte.

If cold applications are of no avail in preventing the further progress of the trouble, or they give rise to pain, they should be discontinued and hot compresses substituted, in order to hasten the process and to encourage the formation of matter; then the styte will open and there will be relief from pain and swelling. Almost anything may be employed to carry heat to the lids—bread, slippery elm, flaxseed, sponge, etc.—but the most cleanly and best is ordinary water kept as hot as the patient can possibly bear it. Such compresses are a little more trouble than the ones ordinarily employed (slippery elm, flaxseed), because they

are apt to cool quickly and have to be changed frequently. Little pieces of muslin, linen or flannel, folded three or four times, should be used; a layer of cotton wadding and then a piece of oiled silk should be spread over the compress, so as to retain the heat as long as possible.

It is well to pull out the affected lash and to open the styte as soon as the yellow appearance of its surface shows that matter has formed; a sharp needle, the point of which has previously been passed through the flame of a spirit-lamp, so as to secure thorough disinfection, will be the best instrument which the mother can use for this purpose.

Stytes usually occur in succession; whether one or more appear at the same time, we will find that the first one is usually the forerunner of a number of others. This points to the fact that some constitutional disorder, some slight modification of a normal condition of the body, usually underlies the styte-forming tendency. Constipation will very often be found at such periods. Often we will find that it occurs when there are other evidences of derangement—skin eruptions, poor appetite, general *malaise*, etc. So-called “delicate” children are more liable than others. Hence the frequent occurrence of stytes may indicate the desirability of consulting the family physician.

“Hailstones.”

An affection resembling the styte at first, and beginning in the same way, is the small circumscribed swelling near the edge of the lid, called the “hailstone.” This is formed in the following manner: Near the edges of the lids is a row of small bag-like glands in which an oily or greasy material is

formed for the purpose of keeping the lashes soft and pliable; this secretion is carried to the roots of the lashes by small canals or ducts, and is poured upon the lashes just before they appear at the surface of the skin. When one of these ducts becomes stopped up from any cause, the secretion accumulates in the gland and forms a swelling, varying in size from that of a hemp seed to that of a small hazelnut.

It may begin and continue without any inflammatory symptoms, or it may commence with pain, redness and swelling, just like the sty. In either case, at the end of two or three weeks a small elevation will be noticed near the margin of the lid, and if the finger be passed over this spot a hard mass will be felt. This may remain quiescent, and give rise to no inconvenience for many months or years, and then there will be no other complaint except about the deformity which it occasions; but usually it gives rise to some irritation from time to time.

During the time that it is forming we can sometimes dissipate the swelling by irritating salves; or it may disappear of its own accord. But usually neither of these favorable methods of termination can be looked for; then nothing remains except to have the oculist cut out the small mass.

"Pink-Eye" or "Spring Catarrh."

Every spring and fall there occurs in New York and vicinity, and often in other parts of the country, an epidemic of a form of inflammation of the lids and eyeball known as "pink-eye," "spring catarrh" or "autumnal catarrh." This disease seems to depend upon a peculiar state of the atmosphere; minute germs are deposited upon the

lids, and the affection is thought to be due to the growth and development of these bacteria. It is not a serious trouble, but the symptoms are so pronounced that they are apt to cause alarm.

Usually a child will wake up with the trouble well developed; or it may then have slight symptoms which become more pronounced in the course of a few hours. There will be intense redness, puffing, excess of tears, dread of light, and pain upon using the eyes; there is added a copious mucous discharge, so that the eyes must be freed from the secretion quite frequently. In the mornings the eyes will be found incrustated and stuck together by the dried-up secretion which has accumulated over night.

The disease passes away in the course of a week, even though nothing be done in the way of treatment; but treatment will make the sufferer decidedly more comfortable and will hasten the cure. We rely chiefly upon cold compresses applied, half an hour at a time, every three or four hours. Mild eye washes (solutions of table salt, borax, boric acid, etc., in the proportion of a teaspoonful to a pint of water) are also useful. A little white vaseline applied to the edges of the lids at night prevents the matting together of the lashes, and facilitates the removal of the dried-up secretion in the morning.

The importance of this disease lies in its contagiousness. If a little of the discharge of the affected eye gets into the other one, the latter is almost certain to become inflamed. Hence, even with the very best of care, it usually happens that the affection spreads to the second eye soon after the first has become involved. Care should also be

taken that the secretion does not find its way into the eyes of other children, and that the handkerchiefs and towels of the patient are not used by any one else; such linen should receive a special washing before being put into the general wash.

Simple Catarrh of the Lids.

There is another form of catarrhal inflammation of the lids known as "simple catarrh." This variety is apt to come on gradually and insidiously, with symptoms not very pronounced in type. There will be some redness, a little swelling, an excess of tears, itching of the lids, and some irritability of the eyeball and lids; there is little or no discharge. This simple catarrh may be of short duration (acute), or more tedious in its course (chronic). Its treatment calls for astringent washes of various sorts, the selection of which it is necessary to entrust to the judgment of an oculist.

True Granular Lids, or "Trachoma."

Finally, a few words about an affection of the lids which is more serious than any of those which we have been discussing—*true granular lids*—the term now being used in its true scientific sense, and not misapplied for a simple crusting of the edges of the lids. A better and more scientific name for this trouble is "*trachoma*." In all the forms of lid-trouble, which we have discussed above, the changes have been temporary and trifling as far as real injury to the lid was concerned; there was swelling and inflammation, but no new permanent deposits or growths spread throughout the substance of the lids.

In trachoma, there is, beside swelling and inflammation, the deposit of new

tissue in the lids, in the form of larger or smaller masses. If we turn out the upper or lower lids of children who suffer from this disease, we will see a large number of small, rounded elevations upon the inner or red surface. These elevations are *semi-transparent*; they often look like grains of boiled sago; their size varies from that of the head of a pin to that of a hemp seed; they are either distinctly separated or else run into one another; very often they are arranged in rows. They are distinctly visible, and scarcely need an oculist for their detection.

This is one of the diseases of the eye which should be dreaded, being decidedly mischievous in its tendency, if neglected. In symptoms it resembles simple catarrh of the lids—redness, swelling, watering, irritability, dread of light, inability to use the eyes for any length of time. Very frequently such patients complain of a feeling of sand in the eyes; all these symptoms are regularly worse at night when the eye is exposed to artificial light than in the daytime. These small granules cause much discomfort for the reason that they occupy the narrow space between the lids and the eyeball, and press upon the latter just as a foreign body, such as a cinder, would. After a time they may roughen the clear part of the eye, and cause dimness of vision, and thus interfere with good sight.

Until recently the treatment of this affection was a tedious and hence a very unsatisfactory one, requiring months of daily applications of blue-stone (the sulphate of copper crystal) or of other caustics; for we were dealing with actual new deposits in the lids; these deposits had to be burned

away, and this process is always a slow one. Mothers were often instructed how to treat the lids at home and thus, though the duration of the course of treatment was not shortened, the expense was lessened; but the treatment remained tedious, discouraging and painful; each application of the caustic had to be followed by the use of iced cloths for half an hour or an hour, so as to reduce the inflammation which the treatment itself excited.

During the past two years an operation has come into use among oculists which does away with this tedious course of treatment of granular lids, and cures the patient after a single operation; or, if a complete cure is not effected by the operation, so little of the granulation is left that a few applications of the copper crystal will complete the cure, the after treatment lasting, at the outside, but a few weeks. This operation is devoid of danger, but is so painful that an anæsthetic must be given. It consists in the use of a small roller-forceps or pincers, with which each of the trachoma-granules is seized and squeezed out. Of course there is some bruising of the lids in doing this, but this effect disappears in a day or two. The fear of an anæsthetic still causes many mothers to insist that

the oculist use the old-fashioned and tedious copper treatment in preference to the rapid cure by operation.

Trachoma is the most formidable of all the forms of "sore eyes in children" which we have discussed—formidable because its treatment may be tedious, because it may leave complications which interfere with perfect sight, and because there is great danger of contagion. The last occurs directly by means of the secretion, and indirectly by the handkerchiefs and towels of the patient. One child may spread the trouble among an entire class or school. Children thus affected should be kept at home and thus the danger of contagion lessened; they should be instructed in regard to this danger.

It is the contagiousness of this disease of the lids which has caused the enactment of a law in New York, and in some other states, providing for the regular and periodic inspection of children in public and private asylums and institutions, and imposing a penalty in the form of a fine for the admission of any child who is suffering from contagious eye-disease. This is a very wise provision, and has already made the occurrence of epidemics of eye-troubles in such institutions much less frequent than formerly.





RINGWORM.

BY GEORGE THOMAS JACKSON, M.D.

Professor of Dermatology, Woman's Medical College of the New York Infirmary.

WHAT'S in a name? was asked by Shakespeare long ago. He did not seem to have a very great respect for names. But names are helpful at times, and so the name "ringworm" helps us to bear in mind one feature of the disease as it occurs on the skin; that is, that it tends to form rings. The "worm" part of the name is misleading. It was given under the impression that it was caused by an insect. But we now know that it is due to the growth of a plant in the skin and hair.

The scientific name of this disease is *trichophytosis*, which name it bears because the plant fungus that causes it is the trichophyton. The formation of mold is due to the growth of a fungus. The fungus of ringworm is very similar in character to the mold fungus that forms on bread. The different families of vegetable fungi prefer different soils upon which to grow, and the fungus of ringworm forms no exception, as it grows only on so-called epidermal structures, that is, upon the scaly portion of the skin and hair. This fungus will not grow on every person, but children are peculiarly susceptible to it, and when it attacks one child in a family or institution it is apt to spread widely and rapidly. The disease is therefore contagious.

So far as our present purpose is concerned there are two ways in which

ringworm manifests itself; it may grow on parts where there is no hair, or on the scalp. Occurring on the hairless parts, the first thing that is noticed is a small, round, slightly scaly, red spot about the size of a ten-cent silver piece or smaller. But this is not what in reality first appears, because the disease begins as a small red point, which sometimes is topped by a little vesicle. At this stage it is rarely noticed, as it gives no trouble. Being let alone, the point develops rapidly into the round and scaly spot. If then it is not noticed or checked, it will increase in size while undergoing a characteristic change. That is, it begins to clear up in the center and spread at the border, still preserving the round shape, and therefore forming a ring. A typical ringworm patch has a slightly raised, pale red border covered by grayish scales, or thin scabs, more often the former, while its center is formed of normal skin.

There may be but one patch, or there may be a number of them in all stages of development. They are most commonly seen on exposed parts, the face, neck and arms; indeed they almost always are found in these locations. Should there happen to be two patches near each other, they may coalesce at their borders and form a figure-of-eight patch, or other fancy shapes. In this way very large patches are sometimes formed. By self-infec-

tion the disease may be conveyed anywhere and patches of it may therefore be met with anywhere on the body. Itching is often complained of and the patches may be scratched.

If the disease affects the scalp the first thing to attract the attendant's attention to it is that the child scratches the head. Examination shows the presence of one or more small scaly spots on the scalp in which *broken off hairs* are found. The patches are most usually found upon the top of the head. After the disease has lasted for a while, apparently bald, round, scaly, slightly reddened places are formed. Close examination will show that the places are not bald, but that the hairs have been broken off close to the scalp and appear as a short, stubby growth. By good eyesight or the use of a magnifying glass these short ends will be seen to be split. Attempts at pulling out the hair will result in breaking them off, it being rarely possible to pull out a hair with its root. The hairs, too, will look dry and if bent will not straighten out again as do normal hairs. A single patch hardly ever grows larger than the size of a silver dollar, but neighboring patches may coalesce so that the greater part of the scalp will be involved.

Not only is the human race affected by ringworm, but animals frequently have the disease, such as horses, cats, dogs and birds, and children often contract the disease from them. Always regard with suspicion any cat or dog that has upon the legs or elsewhere scurvy patches with the hair partially off them. Whenever a child shows symptoms of ringworm institute an examination of its animal pets.

Another frequent source of contagion is the wearing of each others' caps and

hats, a habit children are prone to indulge in. It is well to teach a child from an early age not to allow other children to wear his hat.

The treatment of ringworm had best be confided to a physician. Many cases, however, are cured by simply scrubbing the parts with soft soap and water twice a day for two or three days. Sulphur ointment can usually be obtained, and if not you can get sulphur and make an ointment of the strength of about a little less than a teaspoonful rubbed up in two tablespoonfuls of lard. A few applications of this will usually cure. Painting the patches with tincture of iodine is also efficacious.

If the scalp is affected you will need the best care of the best doctor you can find, because even under such care the disease at times proves most obstinate. It is no uncommon thing to see a well-grounded ringworm baffle all attempts at cure for months or even years. But you must not grow discouraged, because the disease will yield at last to faithful effort, and as the age of puberty is reached it will disappear of itself, as adults never have ringworm of the scalp. This peculiarity of ringworm is a source of comfort to the attendants of the child. A child with ringworm must not be sent to school, as the disease is so contagious that he would be sure to give it to others. If there are other children in the household the affected one should always wear a stout linen nightcap, day and night, to prevent the scales from his head escaping and alighting on other heads. It is well, also, to keep the hair greased with oil or vaseline, and to pull the hair out of the diseased area and for about a sixteenth of an inch about it.



DISCHARGE FROM THE EAR.

BY ROBERT LEWIS, JR., M.D.

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FEW children go through early life without having an ear discharge for a shorter or longer period. In the majority of instances the trouble passes off, the sense of hearing shows no signs of having suffered from the attack, and the whole affair is looked upon as one of those pathological episodes of early life which cannot be warded off, and which need not give the mother any special anxiety.

Causes.

The causes of this discharge from the ear are various; a diseased condition of the nose or throat, or both, being the starting point in a large majority of the cases. For instance, in such acute catarrhal affections of the throat as we find in scarlet fever, measles, diphtheria, tonsilitis, etc., and in the chronic catarrh of these parts, which is often associated with enlargement of the ordinary tonsil, or of those peculiar glandular structures which are situated at the back part of the nose and are often called "the third tonsil," we are apt to find one or both ears the seat of a discharge. How disease of the throat or nose extends to the ear may be readily understood when it is remembered that the drum cavities are intimately connected with that portion of the throat which lies behind and above the soft palate, by means of a tube-shaped

passage called the "eustachian tube." Furthermore, the mucous membrane which lines the drum cavity is simply an extension of that which lines this eustachian tube and the adjoining cavities of the nose and throat.

Then again a discharge from the ear may be started by the introduction into the drum cavity, by way of this same eustachian tube, of irritating substances such as salt water, which so frequently finds its way into our nose and throat when bathing in sea water, or when we employ a solution of salt in what is called a nasal douche. But, fortunately for us, it is only in exceptional instances that this fluid, so irritating to the sensitive mucous membrane of our ears, finds its way from these larger cavities into the drum cavities. Even "blowing the nose" too forcibly may, when the conditions favor such an occurrence, force purulent mucus into the drum cavity, where it is soon likely, by reason of its irritant character, to cause inflammation.

Now that we have mentioned some of the causes that produce a discharge from the ear, it may be interesting to look more closely into the mechanism of this process. Nearly all the cavities and passages of the body are lined internally with a membrane called the mucous membrane, and this secretes a fluid or mucus. Any inflammation of

this membrane causes an excessive amount of mucus to be produced, which, along with other substances given off as the result of inflammation, produces what is commonly called pus, or matter. A very common example of this is a "cold in the head." The same sort of thing takes place in the drum cavity when it becomes the seat of an inflammation. But while in the nose there is, relatively, plenty of room for the escape of all the mucus and pus thrown out by the inflamed mucous membrane, in the drum cavity the conditions for the escape of all these inflammatory products are peculiarly unfavorable. The narrow eustachian tube, of which we have already spoken, is the only channel through which all this mass of fluid can escape. But small as is this tube in a natural state of the parts, when inflamed it becomes very much smaller, or even ceases altogether to be a channel for the escape of fluid contained within the drum cavity. The latter, as probably most of my readers know, is shut off from the external ear by a membrane, but at every other point it is surrounded by unyielding walls of bone. As the inflammation in this cavity progresses, the increasing quantity of its fluid contents, no longer being able to escape by way of its only natural drainage channel, produces greater and greater pressure upon the surrounding walls.

This pressure causes much pain, which continues until an escape for the imprisoned fluid is provided in one of the three following ways: First, by the use of vigorous soothing measures the inflammation may be subdued to such a degree that the channel of the eustachian tube will once more permit fluid

to pass through it; second, the continued pressure upon the drum membrane may cause a perforation to form in its softened tissues; or, third, the surgeon's knife, in anticipation of what nature is endeavoring to do, may establish an opening in the membrane. It is in one of these three ways that we may expect the pain of an inflamed drum cavity to be relieved; and if, after such a pain in the ear, a discharge by way of the external auditory canal makes its appearance, we shall rarely be mistaken if we take it for granted that the source of this discharge is the drum cavity, and that a perforation has formed in the drum membrane.

Consequences of Chronic Discharges.

A discharge that lasts but a short time is of no special consequence, and nothing further need be said with regard to it. But a discharge of longer duration is always an affair of greater or less importance. There is an unfortunate idea prevailing that such a discharge is outgrown. There is, perhaps, a certain amount of truth in this idea, but very little. A certain number of acute cases get well without any attention, and even mildly chronic cases sometimes show a disposition to eventually heal without outside intervention; but this is all owing more to good luck than good management. However, we should not trust to good luck; we too often shall find it to have been poor policy, for it often happens that an acute case drifts into a chronic condition, with its accompanying annoyances, which perhaps later may take on even a very serious aspect. For, owing to the lack of a sufficiently free outlet through the drum membrane, the pus may gradually invade the mas-

toid cells, giving rise to a condition which may require operative interference upon the bone for its relief. Then again the disease may cause the drum membrane and the little bones of the ear to become so useless as to cause deafness of varying degrees, even to complete loss of hearing. Finally, in certain cases, the lining membrane of the brain may become involved, from its close proximity to the focus of ear disease. A noted English surgeon states that the deaths in London, for one year, from brain abscesses following disease of the ear, were eighty-six. Two other celebrated surgeons consider fifty per cent. of all brain abscesses to be due to that form of ear disease, which is characterized by a discharge from the drum cavity through a perforation in the drum membrane. I mention these facts, not with any idea of creating unnecessary alarm and anxiety, but in the hope of diminishing in some measure those results of a neglected ear which are so often encountered in practice. Every physician knows of a certain number of cases of offensive discharge, deafness, or even more serious results, which could have been averted if only a little judicious care and careful treatment had been exercised in the beginning. As I have said above, these serious results seldom ensue, but they may in one case as well as in another; the evil day may be only postponed, and the old saw, "An ounce of prevention is worth a pound of cure," is worth following.

Treatment.

We will next consider what it is best to do in the presence of a discharge from the ear. We cannot expect to make physicians of our readers, but we can tell in a general way what

should and what should not be done under given circumstances. In the first place, when a baby who is not old enough to locate the seat of pain persistently or frequently cries, the majority of mothers (and, I am almost tempted to add, physicians) at once think of teething, cramps of the bowels, and perhaps one or two other things, as the source of the child's suffering; but they rarely think of the ear, which is so often, at this early age, the seat of a painful inflammation. My first recommendation therefore is, that the ear should always be coupled with the teeth and the bowels in the mother's mental enumeration of the possible sources of her child's suffering; and she should ask her physician to examine both of these organs with an ear speculum and reflected light. Then, if it be found that an inflammation is going on in the child's drum cavity, do not pour sweet oil, camphorated oil, chloroform, or laudanum, into the outer passage of the ear; do not use the hot onion or similar means; but rely upon something which is always to be had at a moment's notice, viz., hot water; and by "hot water" I mean water that is about as warm as one's hand can bear comfortably. With a teaspoon or a dropper pour as much of this into the child's ear as it will hold, and over this put a poultice made of flaxseed meal, or bread, or indeed anything which will retain heat and moisture. Then over the poultice a shawl or other woolen garment should be placed to help retain the heat. The poultice keeps the column of hot water in the canal of the ear warm and in turn the shawl plays the part of a "cosy" in preventing the poultice from losing its heat. Thus

we have a poultice in intimate contact with the drum membrane, that is, as near to the seat of the inflammation as it is possible to reach. Both the hot water and the poultice should be renewed as often as it is found that the latter has ceased to be perceptibly warm, that is every fifteen, twenty or twenty-five minutes. In this way, poultice after poultice should be applied for a period of at least two hours. At the end of this time the poultice may be discontinued, and some simple form of dry warmth may be employed in its place.

The procedures just recommended have for their object the quieting and arrest of an inflammation in its early stage, and consequently the prevention of rupture of the drum membrane with the resulting discharge from the ear. But even when it is too late for this object to be attained, effective poulticing generally mitigates the child's suffering and perhaps hastens the moment when the membrane shall give way under the pressure from within, and shall permit the pent-up secretions to escape. When the discharge is once established, our chief care should be to secure as perfect cleansing as possible of the outer canal of the ear two, three, or four times a day. *A discharging ear*—be the case one of recent or of ancient origin, it matters not—*must always be kept clean in all its parts.* This is a rule on which too strong an emphasis cannot be laid. To secure proper cleansing it is necessary to have a good syringe; the ordinary contrivances sold in the shops for this purpose—syringes of glass and of hard or soft rubber—are almost entirely useless, for the simple reason that they rarely wash out the deeper

parts of the outer canal, in the immediate vicinity of the drum membrane. An ordinary fountain bag, or a Davidson's syringe, or some modification of the latter instrument, armed with a suitable nozzle (with projections at its sides), is at once safe and serviceable. The prongs prevent the nozzle from being inserted so far as to do damage to the ear, and at the same time they permit it to be introduced so far inward that the injected stream of water cannot fail to play upon the drum membrane and upon all the parts in the neighborhood. Syringing with tepid water sometimes causes dizziness and even faintness, and if it does, it ought to be discontinued for a few minutes and then resumed. As a rule the syringing should be continued until the water returning from the ear seems to be free from evidences of the discharge. The number of times a day the syringe should be used depends upon the duration of the discharge, its character and amount. Of course, simple syringing cannot always be depended upon to cure a discharging ear, especially if the trouble has been going on for years; but it will do no harm, and it often proves to be all that is needed to effect a cure of the disease. In cases of long standing, a permanent cure often calls for the most patient, skillful and constant attention on the part of an expert in this department of surgery. Then, again, in not a few instances it is found that the continuance of the discharge is due to the existence of a diseased condition of the nose or upper part of the throat, and successful results are obtained only after these neighboring but closely related regions have been restored to a healthy condition.

In conclusion, I must beg my readers to consider what I have written in the preceding paragraphs, as partaking simply of the nature of hints as to what is going on in the ears of their children—in perhaps the majority of instances—when they have an earache, and the ear discharges. And so far as the question of treatment is concerned, I have attempted nothing further than to suggest how perhaps

an amelioration, if not a cure, of this unnatural condition of the ear may be effected. The most minute directions, given with reference to all the different conditions that may be encountered in cases of discharge from the ear, would not enable a non-professional person to do even halfway justice to most of them. I have therefore abstained from making any attempt to furnish such detailed instructions.



AT THE CRADLE.

BY CARRIE STERN.

How still he sleeps! The morning
sunlight falls
Upon his downy head. A song-bird
calls
Without the window; young rejoicing
leaves,
That garland the new Spring, a check-
ered shade
Upon the pillow throw, but his bright
head is laid
In sunlight only; each soft cheek re-
ceives
The radiant kiss. One loving ray
Lies lightly on his parted lips where
play
The frolic graces of a baby's dream.

These sporting curls have caught an-
other gleam;
A golden gift it leaves in every tress.
God bless my baby! every sweet
caress—
That leaves a clinging joy about my
heart,
Each loving hope—a loving fear in
part—
Each whispered prayer, his little bed
beside,
Each fond exulting pulse of mother's
pride,
All he has brought of peace and guile-
less joy
Return in blessings on my darling boy.





THE MOTHERS' PARLIAMENT.

—I wonder if other mothers ever experience a
Neighborhood. Kindness. desire which sometimes comes to me, that of taking their children to some remote locality where kind friends could not come. I know I often sigh for such a spot, for the work of months is sometimes undone in a few minutes by an injudicious remark or act in the presence of my boy.

He is self-willed, and it seems very hard to make an impression on his moral nature. He is very ready to promise, and nearly as ready to "forget." He is not yet six, and owing to his digestion being weak I have been obliged to deny him many articles of diet that other younger children are allowed to have indiscriminately. One of my rules is, nothing between meals, and another, to come to me with everything that may be given him, and see if I am willing he should have it. The other day he came in from play with a hard, unripe apple a lady had thoughtlessly given him. I told him I would bake it, and he could have it that way; as it was, I was afraid it would make him sick. Later in the day, he said: "I told Mrs.—— you were going to bake my apple for me, and she said, 'My goodness, does your mother make you ask her before you can even eat an apple? I let F—— [her boy, more than a year younger] eat all he wants any time; I don't care.'" The con-

sequence of this remark is that my boy, next time he can get a chance, eats apples unknown to me, has stomach-ache several hours, is cross and unruly for nearly two days, and I am accounted cruel and "cranky" because I make these rules, and try to have them carried out.

The lady knows my sentiments, but she pities the child, and so she does an act of what she calls kindness. This is not an exceptional case. The boy does not learn from experience that he will have to pay in pain and the inevitable punishment for his disobedience, and as he sees other children have what he is denied, and they are not sick, so he keeps trying. I don't suppose the lady has an idea that she is teaching my boy to disobey, but she is. I can't do anything except keep my child indoors all the time. That, of course, will not be right. What can be done to save us from our friends?—*R.*

—Our little two-year-old
The Advent of "Little Brother." Hugh came into the room with his papa; he saw a basket near the bed, and heard a strange little cry proceed from it. Papa lifted him up so he could look into the basket, and he was very much surprised to find a dear little baby there. Papa then told him that this dear little baby brother had come to live with us; and that he was very tender and could not talk or walk, so

we must keep him warm, and be very kind to him, and soon Baby would learn to love us all, and romp and play with little Hugh. He listened very attentively; then stooped over and patted Baby's hand and kissed him.

We have been very careful to lavish equal affection upon them, and keep away all jealousy, and develop a sense of protection and love. The consequence is, their love grows stronger every day. It surely is better to develop the love and sympathy of a child at the first opportunity than to allow jealousy and selfishness to make him unhappy. These dear little ones have their heart-aches, and we parents, by wise intelligence and sympathy, can soothe and direct their minds and hearts into unselfishness and love, and their greater happiness and usefulness in later life may depend upon a right start at this early period.—*A Mother, Bridgeport, Ohio.*

—A professional nurse of

Keep the many years' experience
Babies Warm. tells me that she finds more babies suffering from insufficient clothing among the rich than among the poor. For example, she was summoned by a physician to a wealthy family where the five-months'-old baby was suffering from some mysterious trouble that baffled everybody. He could live only a few days, the doctor said, if something was not done. He could keep nothing on his stomach, and was slowly starving to death. The nurse found a distracted mother, and a pinched and moaning baby. His flesh was blue, and there was a settled look of anguish on his face. The nurse picked him up from the silk and lace of his costly crib, and

found just what she expected. Dress and skirts of linen fine as gossamer, and about as warm; shirts and socks like lace; flannel skirts of the regulation number, but so fine and thin as to give little warmth. "Is this the way you have dressed your baby from the first?" asked the nurse. "Oh, yes. I've always had the best of everything for him," answered the mother. "Well, it's no wonder he is sick. He hasn't enough on to keep a fly warm in July." The nurse called for the thickest blanket in the house, and a hot-water bag, and sent the astonished mother down town for the warmest flannel wrappers, however ugly they might be. The result was that in a few days the child was taking his food perfectly, and was thriving as well as could be desired.

I am convinced that the majority of children are not warmly enough dressed, especially about the lower part of the body. Among well-to-do people they are usually sacrificed to the feminine mania for "daintiness." Almost all the babies I have known had "snuffles" all winter, which I have come to the conclusion is due to cold legs and feet. My little daughter began creeping at the beginning of winter, and my husband, who is a physician, said, "Keep her legs warm, if you want her to be free from colds." I made drawers of the warmest double-faced eider-down flannel, in light gray, to be worn over her diapers. They were long enough to come down to her ankles. Over them she wore woolen stockings, and thick crocheted shoes with high ankles. She wore no skirts, being warm enough without them, and so had freer movement. I was not enough of a sentimentalist to keep her in white dresses during her

creeping period. Instead she wore flannel or cashmere, simply made and unlined so that they could be laundered, with white aprons when occasion demanded. If some one thinks she did not look "dainty" enough I have nothing to say, because I do not consider daintiness the only desirable virtue. On the contrary it is the rock on which too many women go to pieces. But at any rate the little girl looked more wholesome and inviting than she could in white dresses, soiled and rumpled as they were bound to be ten minutes after they were put on, owing to her life on the floor. Best of all, she had no cold all winter long, though we lived in a particularly draughty house; and I can heartily recommend the "system" to all mothers of creeping babies.—*W., Detroit, Mich.*

basketful of clothes to iron and I never knew it to fail but you'd exert yourselves if I'd anything special to do."

"I'll take care of Mame and Fred," said Elinor, who forgot her own disappointment in pity, which I felt was altogether undeserved, for my annoyance.

"I shall be very glad of your help," I answered, smothering my ill-temper as I went to work. The breakfast things were soon washed, and everything in readiness to commence ironing; but the first sheet was barely folded and hung upon the rack when little Mame fell with her doll. A broken arm for dolly and almost a broken heart for Mame was the result. I looked despairingly at the huge pile of unironed clothes, then cried:

"Go along with that doll, for pity's sake! If you could keep one whole for five minutes it would be a blessing. Take it to Elinor; she can fix it as well as I can."

Elinor tried most faithfully, but failed. Mame cried and cried, until in sheer desperation I stopped and tied up the broken arm. By that time the irons were cool and the fire almost burned out. The fresh coal was slow to heat, and by lunch time only half a dozen plain pieces were finished. I hurried through luncheon and placed the dishes on the kitchen table, determined to get the benefit of the irons while they were hot; but no sooner was I well at work than Mame's jumping rope pulled a pitcher from the table; the crash brought me to the spot, but not in time to save Elinor who, in her anxiety to catch the pitcher, lost her balance and fell upon one of the broken bits, cutting her hand and frightening us both. Fred in the meantime had

—"Raining again!" I exclaimed as I raised my head from the pillow and listened to the steady

A Rainy Day.

drip, drip. "What shall I do? The children will be shut in the house all day and that awful ironing on hand, too. But it won't help the matter to grumble; one has to bear these things, I suppose."

Of course, I was discouraged before beginning my day's work, and when the children appeared there was no cheerful word to set them right, and as one of them said, with tears in her eyes, "Oh dear! I'm so sorry it's a stormy day; for we were going to have so much fun under the big tree," I took up the strain.

"You can't be more sorry than I am. I suppose you'll all try what mischief you can get into to-day, for I've that

upset the syrup jug while trying to reach some twine from the pantry shelf, and this proved the last feather-weight I could bear. Elinor's hand was wrapped up, Fred reduced to a more presentable condition and then we all indulged in a "good cry." Fred, Elinor, Mame and myself all wept in sincere sympathy with each other, and pity for ourselves.

At this juncture I heard a light rap, the door opened and Mrs. Herril, my neighbor, appeared.

"I didn't wait for any ceremony," she said, "for it's raining as if it never rained before, but I wanted you to have some of these biscuits; raised ones, you know. Why, what are you all crying about?" I hesitated to enumerate my woes and she continued, taking in the situation at a glance, "I know exactly what you've been doing! You got up tired, it's a dreary day and you've tried to do an unusual amount of work. The children have been awfully troublesome——"

I smiled through my tears as she paused, for the picture was true to life.

"Now, my dear," she went on, "put that basket away. I don't believe in giving advice, but I've learned two or three things by actual experience. The wisest thing any mother can do, when she awakens tired and out of sorts and hears the patter of the rain outside, is to consider how little she can possibly manage to do on that particular day. There's always mending on hand, or some such work, that may be accomplished while you are cozily ensconced in the pleasantest corner of the sitting room. Let the children bring their playthings into this same cheerful nook and you will be able to watch them

and take a good many stitches beside. They will appreciate having a day with mamma, and instead of dreading the inclement weather that compels them to stop indoors, they'll soon look forward to a rainy morning as the harbinger of a red-letter day. If several stormy mornings follow each other, adhere to the same plan for the day and take a couple of evenings for the ironing after the little ones are asleep, and both you and the children will be the better for it."

I had scarcely time to thank her when she was gone, but the sunshine she brought with her still remained. Fortunately, the next day was fine and the ironing completed without difficulty, but ever since that memorable afternoon I have worked according to the plan suggested by my kind-hearted neighbor, in whom I had the fullest faith, as she has the most cheerful, happy family I have ever known.

Her prophesy has been fulfilled and Mame will shout gleefully:

"It's raining, Fred! did you know it?" We'll get our playthings right away and be all ready to visit when mamma gets the mending basket."—*Erato*.

**Contagion of
Habits of
Repose.**

—I put my baby to sleep, lay her down in a cool, quiet room, partially darkened—then I lie down on the other side of the apartment, to get my store of reserved strength while the baby is taking her morning nap. Frequently, I do not sleep, but lie in a half-somnolent state which rests me often as much as does a state of utter unconsciousness. Sometimes, however, my senses are keenly alive and my mind unusually active, planning ways and means for the man-

agement of my little household. When Baby stirs in her cradle, opens her eyes and has all the appearance of being awake, I close my own eyes, put my mind at ease, and as far as possible think of nothing whatever. I lie some moments in this way, hoping that the perfect quiescence of my brain may reach upon hers, permitting her to fall asleep as before. Invariably, the desired effect is produced. Call it what you will, there is a psychological cause which brings about this result.

If, on the other hand, I allow my soul to be fretted because she is awake before her usual time, even though I say no word, she imbibes the spirit of discontent, is instantly awake, and it is hours before she shows symptoms of sleep again.

It has been commonly noted that the looking steadily upon one who is asleep will awaken him. And so I have found it in my experience with my little ones; therefore, I avoid looking on them when sleeping, except for the needed moment to see that all is well.

In the management of children, repose of manner is most essential. If the child finds you nervous and unstrung, immediately he becomes jerky and boisterous, and no amount of talking will quell his insubordination; but, instead, by repose of manner and kind tuition you can induce him to defer to your authority and can do with him what you will. It is with him as with a restive horse, you must be perfectly cool and self-possessed in difficult situations, else your beast catches the infection and becomes too nervous to know what he is doing. Horse and driver should be *en rapport*.

And so it is incumbent upon us to control ourselves, to keep in curb our own stubborn will, for it lies with us to make of the little ones intrusted to our care men and women of strong character, who may have years of busy usefulness, or men and women of weak wills and vicious purposes, who may be the ruin of the many with whom they associate.—*Julia Jayne Walker, Brandon, Miss.*



SUBURBAN HOMES.

BY E. B. L.

I HAVE often wondered why it is that so few young married people of moderate means, with families of little children, care to live where they can get pure country air. I do not mean by this, to live at a great distance from the city and its conveniences, but far enough to have room within doors and

without, fresh air and sunshine in abundance.

For the first few years after my marriage we lived in a wee box of a house in a fashionable quarter of the city. It was a pretty and picturesque little home, and we were very happy there; but as our family increased, and

our fortune did not increase correspondingly, we began to experience certain difficulties. The lack of chamber-room was felt, and the lack of some place for the children to play.

Every year we had to go to the country by the end of May, or the first of June, because the only place where the babies could get the air was in the crowded parks or on the brick pavements. Then gradually other annoyances came up. The necessity for keeping up an appearance before the world (for in town, in a fashionable quarter, we live under the gaze of the world) must be constantly met. A great deal of my time and strength must be expended in keeping the little frocks and cloaks and caps in order and in fashion; and much of the time of one of my two servants must be consumed in going out with the children on these dress parades. The time thus required of the nurse left me with much of her work to do, unless I chose, as I often did, the out-of-door exercise, and wheeled the perambulator myself for several hours each day. I found very little time to devote to society, or even to my old and cherished friends, and very little to read or to spend with my husband in the pleasant ways we had formerly enjoyed. Being of a nervous temperament, I naturally grew tired and impatient, small things worried me, and I began to fear that I should become a disagreeable, fretful, prematurely old woman. I felt sure that what I needed was more time for rest and recreation, more fresh air, more repose of mind.

What was to be done? I felt that I *must* do something, and cast about to find what it should be. One day I called upon a dear friend, some years

older than I, herself the mother of four children. She kindly pointed out to me the mistakes I was making, and said that if I would find the time I so much needed, I must make my entire mode of living more simple, and recommended a home just out of the city, as being more conducive to that end. Both my husband and I felt the wisdom of her advice, and early in the spring we set out in search of a bit of land on which to build our new home. We decided upon a spot about half a mile from the nearest street railroad, ten or fifteen minutes' walk. We purchased a large building lot, five or six times as large as the one we owned in town. We drew plans, which were improved upon by an architect, and while I was away with the children for the summer, my husband attended to the building. We gave particular attention to the strength of the foundation, and to the draining of the cellar, and indeed to all of those details which make a home more habitable and healthful, but used strict economy in the use of ornament and expensive finish. All the rooms have plenty of windows, and each room has an open fireplace, so that there is no lack of sunshine or fresh air. There is no basement, but there is a large cellar and a very commodious attic.

There are two porches, one at the front, and one at the rear of the house, to be used as a more sheltered playground in case of bad weather. The house fronts the southeast, which gives more sunshine on all sides than a south front could do, and is more desirable, I think, on that account, though this arrangement might not be convenient in all situations.

When all was finished, the expense

had been less, by over a thousand dollars, than the price brought by our little town house, and in point of comfort and convenience there was no comparison.

Early in December we moved out, I must say with some trepidation on my part. All my friends had been loud in their expressions of disapproval; even my own family had little faith in my experiment. Just before we moved, all of the unpleasant possibilities were held up to me; the loneliness of the place, the difficulty of keeping servants, the distance from a doctor, and so forth.

However, we had the courage to take the step and took possession in the midst of confusion, for carpenters, painters, plumbers and other artisans were still at work.

A few weeks sufficed to get comfortably settled, and the beginning of our home here has seemed to be the beginning of another and altogether different life. The children here have only to put on cloaks and caps, and the nurse or I can watch them, and do some work at the same time. As we have plenty of bedrooms, the children are not confined to the nursery on bad days, but can carry their playthings from one room to another, thus giving an opportunity to thoroughly air the nursery. The stairs are easy, with a broad landing, so that my mind is relieved of the constant fear of tumbles and bumps, and my back of a very wearing strain.

I have had flowers and fruit planted, and when the children are at play I spend many an hour taking care of my garden. The constant contact with mother earth has done us all good. Nor must I forget the walking, for to reach the city we must needs take a

walk of half a mile. Though in bad weather this is not always agreeable, still the enforced exercise has been of benefit to both my husband and myself. The possession of a horse and carriage would be a great addition to our pleasure, and one which we hope may come in time. But as health is what we were in search of, we feel well rewarded by a greater immunity from doctors' bills than we have ever known before. Our oldest child, a girl of seven, has improved so wonderfully in health that she astonishes us all, having gained in the past year over thirty pounds, going in ten months from fifty-five pounds to eighty-five.

Of course, simply coming to the country could not do everything. We have followed quite closely the principles laid down in *BABYHOOD*, and have tried to give strict attention to all the sanitary conditions of the place, and especially have we been careful about the drinking water, every drop of which is boiled and filtered through a Pasteur filter. The early hours, which are now a necessity in order that my husband should get to his office in time, can do us no harm.

Then, for my own comfort, I have endeavored as much as possible to simplify our clothing, especially that of the children. The present style of dressing young children must certainly be considered simple in its effect; but fine hemstitching, and feather-stitching require time and eyesight or their equivalent in money, and I came to feel that every hour saved from quite superfluous sewing (and very dainty little gowns can be made without either hemstitching or feather-stitching), I can have to spend on a good book, or in the pleasant society of some of my

long-neglected friends. With my children around me, I am never lonely. Though I do have fewer interruptions than formerly, still my friends all come to see me and my more fashionable and formal acquaintances have most of them found me out. In the way of servants, I have so far been quite fortunate. Though servants are averse, as a rule, to seeking country homes, after they have tried them and find themselves comfortable they seem to be satisfied. Of course, I am obliged to give my servants rather more time off in the daytime here than in the city, but they appreciate the privilege, and are more ready to work in consequence—and then there is such a pleasure in being pioneers, where that really does not mean hardship or deprivation.

Every day we see improvements going on about us. The city is gradually approaching us. And now an electric railway is to pass very near our door, so that we laughingly say we must go further out. Here, instead of going away for the entire summer as we used to do in town, we need only go for a few weeks. Last year we left on August 15th and returned September 24th, and suffered no inconvenience from heat. And so my husband and I are able to pass most of the year together.

I do not wish to seem ridiculous in my enthusiasm, but I am quite sure that I am steadily growing less nervous and irritable, life looks brighter, and my husband and I enjoy many happy hours together that were once spent in anxious worry on my part.



NURSERY PROBLEMS.

Facilitating Lactation.

To the Editor of BABYHOOD:

The only serious trouble I had when my first baby came was an insufficient supply of milk. I am exceedingly anxious to nurse No. 2 who is expected within a month. No. 1 is two and a half years old; I am quite well and have an excellent appetite, though somewhat troubled with indigestion. Can you suggest any mode of life or diet, any food, drink or medicine which will have a tendency to increase the supply of milk? I should be very grateful for help, for I consider "mother's milk" the *sine qua non* of babyhood.

SUBSCRIBER.

Flatbush, N. Y.

* There is no especial, that is to say, no restricted diet in which we have faith. Generous, nutritious food, ample but not excessive in amount, yields the best

result. Nitrogenous food yields the richest milk, *i.e.* richest in fat. If one has a good appetite and good digestion the question of diet is quite simple. But many nursing mothers seem unable to take enough food, especially enough flesh for the requirements of the case. Eggs give a considerable amount of nitrogenous nutriment, which can be taken with little labor. The general use of milk is due to its high nutritive value, its usual easy digestibility, and to the fact that its watery components swell the bulk of the milk secreted. Such things as cocoa owe their value to the milk used in their preparation and to the fat they contain. Alcoholic

preparations, beer, wine, etc., are, in our judgment, chiefly, if not entirely, valuable from their stimulation of the appetite and sometimes of the digestion. For this purpose they are admissible, but they in no wise take the place of food.

Winter Garments.

To the Editor of BABYHOOD:

I have been very anxious to know how to dress my one-year-old son for the winter. Will you kindly tell me how or where I may obtain such information.

Yonkers, N. Y.

Yours truly,
J. H. N.

First, a warm shirt, as large as can be used, to allow for shrinking; two flannel skirts, one to button to a cotton waist and one with flannel sleeveless waist; long woolen stockings, gartered to the waist, and a thin dress.

If drawers are worn they should button to the waist and take the place of one flannel skirt. The drawers should be flannel or some woolen material, with or without thin cotton drawers over them.

If warmer dresses than the ordinary white dresses are used there will be no need of the flannel waist to the undershirt. The waist called "Double V" is strong and well shaped. The shoes need not be heavy, for the baby will probably ride in his carriage, but feet and legs can hardly be wrapped too warmly for riding.

A warm cloak which is loose enough for an extra jacket inside is most convenient. Many pretty caps come for boys, and the little close bonnets are pretty for all babies. With mittens and plenty of carriage wraps and a veil for the windy days, he will be well provided.

Constipation.

To the Editor of BABYHOOD:

I have two daughters—one born June 25, 1891, the other June 14, 1893. For the first year of the elder one's life I gave her an injection almost daily, and now the younger one is requiring the same treatment. Can you advise me in the matter? Our physician seems to think that patience and perseverance in this course are the only essentials. If so, must I give the injection daily?

I nursed the older one about fifteen months. The first eleven months she had no other food. She is now regular in her habits, but I feel that possibly she might have been a stronger child if she could have been established earlier.

With this exception both are remarkably strong, healthy, happy children. My own health is perfect.

C. E. B.

Madison, Wis.

We somewhat prefer, for constant use, suppositories to enemata. But the daily injection can be used without harm. Of course, it is understood that regularity of the bowels is to be sought for as soon as possible by suitable diet. But for some time, until practically solid food is admissible and can be properly digested, the tendency to constipation is likely to persist. If then such forms of proper liquid food as are laxative do not prove efficient, the daily evacuation must be gained by massage, by suppository, or by the enema.

Appetite for Sand.

To the Editor of BABYHOOD:

I want to appeal to you for help, in regard to my baby. I have taken BABYHOOD most of the time for two years, and have found it invaluable in the care of a baby. Little Louise is two and a half years old, seemingly healthy, excepting occasional attacks of indigestion, has been fed on milk diet, with oatmeal, baked potato, etc., just as you have recommended, changed according to age, etc. She has a peculiar passion for eating sand or dirt. In fact it is a mania with her. Her physician thought it might be a symptom of worms, but after giving santolin and calomel, several times, found

it made no difference. Do you know of such a case, and can you suggest any help for it?
G.

Coon Rapids, Iowa.

Such cases are not uncommon; they occur often enough to have received various scientific names, the commonest being geophagia. In some countries, and especially among the colored races, it is a very common habit. Occasionally the eating of some kinds of earth, especially of those containing lime, may be interpreted as an instinctive attempt to supply a want. Ordinarily it is supposed to be an evidence of a digestive derangement or irritation. The presence of worms may be a source of such irritation. Great care as to diet is required. As seen in medical practice the habit is associated with disordered health, but among those races where it is common it seems to be consistent with robust health, and travelers report their men in some instances to have subsisted apparently entirely upon earth.

General Information Wanted.

To the Editor of BABYHOOD:

I am a young mother of a girl baby four weeks old. I think that our doctors leave a good deal to our inexperienced hands. Had I had a good nurse I probably would not feel so nervous as to whether I am treating our little one correctly, and consequently you may imagine how glad we were to hear of your journal.

As I am totally ignorant of the care of the baby, and as each person who calls suggests something different, could you tell me where I could get such information, in what numbers of your paper, if any; and could you tell me of the title of Dr. Jacobi's work on infants and by whom published?

New York City.

J. P.

The information you seek in our back numbers is so scattered that we cannot indicate special dates. You would doubtless find any of the bound

volumes, or the book of "Nursery Problems," helpful. The work you allude to by Dr. Jacobi is probably his "Infant Diet," published by G. P. Putnam's Sons, this city.

Lactation; Diet; Flannel Night Drawers; Kindergarten.

To the Editor of BABYHOOD:

(1) How can a woman with weak digestive power increase the quantity of liquid food during pregnancy, to aid in making milk?

(2) What should be the diet, during the winter, of a child three years old?

(3) Is meat necessary once every day, if not, what can be substituted for the hearty meal?

(4) Can he have any cake for a treat; or any home-canned fruit, peaches, pears, etc.? What constitutes the difference between "plain" and "rich" cake: is it the quantity of butter, eggs, or sugar? What would be allowable for dessert?

(5) Are three meals a day enough? He seldom asks for anything between the meals and will eat or drink very little if offered to him, unless it is sweet crackers. Does he need the crackers, or eat them because he likes the taste?

(6) Some physicians object to the flannel night-drawers for children, thinking they do not give ventilation enough. What is your opinion and what might be substituted for them?

(7) At what age should the mother commence with the kindergarten training, and what books explain the first lessons?

Chelsea, Mass.

A SUBSCRIBER.

(1) It is not necessary to increase the quantity of liquid food during pregnancy to increase the flow of milk. It does, if assimilated, help in increasing the bulk—not necessarily in improving the quality—of the milk during lactation, and is consequently often employed during suckling. But it, whether milk, broths, cocoa, or what not, should never be carried beyond the amount that can be easily digested. Undigested food of any sort is a detriment. The removal of the cause of the digestive weakness must depend

upon the peculiarities of the case, and must be the office of the personal physician.

(2) Mainly, or at least largely, milk with cereals, including bread; meat, eggs and fruit are next in importance, and some vegetables are admissible.

(3) No. An egg, or a piece of broiled or boiled fish, if fresh, will take the place of meat. Fish that has been long kept is not desirable for children, in our judgment, only a few varieties keeping well as to flavor and other essential qualities.

(4) The difference between plain and rich cake is only one of degree; they are practically meaningless terms. Better give no cake. If he has a good digestion, especially if there be a tendency to constipation, he may have some plain molasses gingerbread. The canned peaches are admissible as a dessert, the pears probably so, but they are usually a good deal tougher of texture than peaches.

(5) At three years we think that most children are rather better for a light meal about 11 A. M., supposing breakfast to be 7:30 to 8 A. M., dinner at 1 to 1:30 and supper about 5:30. He probably eats the crackers for the taste. No sweetened cracker that we ever saw was a really needful or desirable food for a child.

(6) We approve of the flannel sleeping garments. It is folly to talk of ventilating sleeping drawers, as there will be various covers, some of which are of wool, over the child in addition.

(7) The age will vary with the peculiarities of the child. Any of the kindergarten publishers will send you, on request, a list of books from which you will have no difficulty in making a selection.

Various Points of Diet.

To the Editor of BABYHOOD:

My baby will be a year old on the eleventh of December. For about two months past her food has been Horlick's malted milk for all five meals (8 oz. at a meal), and it has seemed to agree with her perfectly. I think you will agree with me, however, that after she is one year old it would be better to feed her on a mixture of cows' milk and oatmeal water—we have the milk in perfect condition from two healthy cows on the place. The baby has five teeth, and is a most healthy, ruddy little specimen. I have searched carefully through the numbers of your magazine in my possession and find much information on this subject, but can not find the answers to the following questions:

(1) In what proportions shall I mix the oatmeal water and milk, and shall I use any other water—if so, in what proportion?

(2) Shall I take the milk fresh from the cow, and prepare it for the day, or shall I allow the cream to rise and use that?

(3) Will the regular sterilizing process be necessary, as we have our own cows? If not, how shall I treat the milk?

(4) Will it be best to add lime water?

(5) How soon after the baby is one year old should the amount of each feeding be increased to more than 8-12 oz?

(6) I notice that Dr. Holt gives five as the proper number of meals a day for one year, but does not approve night feeding after 9 months. Now my baby's present meals are at 6 and 10 A. M. and at 2, 6 and 11 P. M. If I leave off the night feeding she would have only the four meals—32 oz.—too little for her age. What do you advise? And if I do not leave off the night feeding now, when should it be left off, and how would it be best to arrange the meals so as to get in the requisite amount of food?

Your valuable magazine has done much toward teaching me the necessity of watching the minutest details in the care of children, so I am sure you will gladly answer my numerous questions.

Atlanta, Ga.

F. B. S.

(1) At the beginning two-thirds milk and one-third oatmeal gruel will probably be digested. The mixture, of course, is to be given at a blood heat. After a time the oatmeal may be gradually

diminished, and at a year and a half she may take pure milk.

(2) If the milk is a rich milk take it fresh; if not, let it stand for three hours.

(3) The answer will depend upon things you know more about than we do. Is the cow surely healthy, *i.e.* especially, is she free from tuberculosis? Have you personal control of the details of the cow's keeping, milking, and the care of the milk? If you can affirmatively answer these questions, you probably need not sterilize the milk. But in practice, as a rule, these questions can not be so answered, and in fact the milk is far from sterile even from one's private cow. Hence, as a rule, while fully recognizing the disadvantages of sterilization, we recommend the sterilization at a low temperature, say 165 to 170 degrees Fahrenheit.

(4) At first in small quantity, just enough to correct any acidity of the milk or mixture.

(5) At any time after you find that the mixture you are using is agreeing with the child. If you continue the four-hour interval you will have to begin soon.

(6) When the five-meal plan is strictly carried out, *i.e.*, excluding all evening as well as night feeding, three-hour intervals or something near it are observed. Night feeding is sometimes interpreted as meaning feeding during the usual hours of the parents' night, and the last meal is then given just before the mother retires. In practice either plan works well, but we somewhat prefer the former.

Discomforts Attending Maternity.

To the Editor of BABYHOOD:

Can any one tell me why mothers seem to dread so much the pains of confinement

and say never a word about all the suffering that goes before? I have had several children, and always look forward with despair to the long months before the end: all the nausea, pyalism, faintness, and exhaustion—the general inability to do anything with ease and comfort. Do I suffer more than the majority? I live regularly and obey hygienic rules certainly as well as my acquaintances. The only neglect I am conscious of is in the matter of a daily bath. I let everything stand in the way of that. Physicians do me no good. Indeed they act as if there were no medicine but patience. Yet it must be that I can find at least some relief for nausea that is present every waking hour, day or night, and overcomes me so inconveniently as to interfere with proper exercise. I am not dyspeptic, was brought up to sensible habits of eating, do not overeat, and yet sometimes my case has been so bad that I have had to keep to the lounge, and was too weak to do more than crawl out of doors. This time I was in excellent health, taking daily walks of several hours, and yet this same weakness and distress is upon me, despite my care. It interferes so with my duties. Is it all right? Some women are never sick at all but they can't tell why. Tight clothes are not the cause of my sickness. The only chronic trouble I am aware of is catarrh, which, though persistent, is not severe.

Duluth, Minn.

C.

In the first place you do evidently suffer far more than the average. The degree of pregnant discomforts varies exceedingly. Within our personal knowledge are women who are in at least as good, if not in better, general condition during pregnancy than at any other time. Some eat to a degree that calls for caution from the physician. On the other hand there are those who can hardly rise from the bed through the major portion of pregnancy, but are at other times in fair health. Between these extremes are all sorts of conditions. We have seen some oddities, such as those who during a portion, say the first half of the term, may be so ill as to demand daily medical attendance

with perhaps a professional nurse, and who, after a certain period has been reached, suddenly spring into complete health and are able to do more than most women who are not pregnant. The peculiar derangements of pregnancy, being largely remote in situation from the organs immediately involved, show of course that they are brought to pass through some nervous process. It sometimes happens that the immediate exciting cause of the nervous irritation may be found (such as uterine derange-

ments, displacements, etc.) and removed; more often, perhaps, they cannot be so detected or treated. The treatment then must be symptomatic. It does indeed require infinite patience, not only on the part of the sufferer but of the attendant. The day-by-day detail is so great that many prefer not to have the physician so much in attendance, and bear the ills as best they may until their hour of relief comes. But such patient care does effect great amelioration of the sufferings of the state.



THE KITCHEN GARDEN AT THE WORLD'S FAIR.

BY MARIA M. VINTON, M.D., NEW YORK CITY.

AMONG the many interesting exhibits in the children's building at the World's Fair was that of the Kitchen-garden Association. To me the greatest element of interest in this exhibit was the fact that it was a live exhibit; that is, the kitchen-garden school exercises were gone through by twenty-four little girls, from six to eight years old, before an audience that was evidently much interested in their performance. These little girls came, I was told, from some of the best families of Hyde Park. When I tried to enter the room at a few minutes past three, the guard held up the chain across the door, and told me that only standing room outside of the windows was left. Fortunately for me some of those inside did not remain through the exercises, and I soon ob-

tained a seat. It seemed to me that the mothers who read *BABYHOOD* would be interested to hear of the kitchen-garden work, and so I was doubly anxious to see it, that I might tell you about it.

The kitchen-garden work originated in New York, at the Wilson Industrial School, St. Marks Place, corner of Avenue A. Here two hundred girls are instructed in elementary English branches, and are taught sewing, kitchen-garden and cooking-garden work. One of the teachers there, seeing how little was known by tenement-house mothers and children about doing cooking and housework in the best and most economical ways, be-thought herself of establishing a class on the plan of a kindergarten work, where, by means of playthings, she

might teach these forlorn little ones how to do housework. I need not say that her plan was a great success, that the children not only enjoyed it hugely but learned to be of great help at home, and to be ready to go out into service and earn their own living when a little older.

One result of this has been the formation of the "Kitchen-garden Association," with its headquarters in New York, and branches in Chicago and other cities, and the opening of many more kitchen-garden classes.

It was the exhibition of this association that was to be seen every afternoon at 3 P. M. in an upper room of the Children's Building. This seems to me an eminently practical work and one that many mothers might with advantage take up in their homes with their own little ones. All children play with their little dishes and household toys. How much more interesting it makes them to be taught to use them and care for them just as the "grown-ups" do.

The twenty-four little girls who constituted the "exhibit" each wore over her ordinary indoor clothes a pretty white apron, long enough to reach the bottom of her dress, with long ruffled sleeves, and a low neck bordered by a wide ruffle, and a dainty Swiss cap; and very pretty indeed they looked, with their sweet serious faces, bent only on doing their best in the class work. The exercises began by a march accompanied by the piano and a song. The girls marched from the main room into a side room and reappeared, each holding two wooden boxes containing the dishes to be used in setting the table for breakfast, the dearest little doll's-dishes you ever

saw. The march ended around two kindergarten tables, each arranged with twelve small chairs. At the word of command the little maidens sat down and placed their boxes on the table. The larger box did duty for the dining-room table and the smaller one for the sideboard. Each child had a small white linen table-cloth which she arranged carefully on the table, while they recited in chorus the answers to the teacher's questions, telling how to fold the cloth, and how to spread it smoothly and squarely on the table. Then began the setting of the table, the little ones reciting something like this: "These are the knives and forks; a knife and fork should be put at each place, the knife evenly on the right hand, and the fork on the left, leaving a place for the breakfast-plate between." (The knives and forks were then laid nicely in order for four persons at each little table.) "These are the napkins, to be used for wiping the fingers and the mouth when needed, and to be laid in the lap to protect the clothing from being soiled. They should be laid at the right hand of each place, beside the knife."

And so it went on, the cups and saucers, cream pitcher and sugar-bowl being arranged in the tray, and the silver coffeepot placed at the right hand of the hostess; the meat platter and carving-knife and fork before the host; the glasses and breakfast plates at each place. Then a song was sung and the lesson was repeated, each child raising her dish as mentioned.

"These are little breakfast tables. This is the coffeepot; it should be scalded before the coffee is put in. This is the sugar-bowl; it should be filled when taken from the table. These are

the knives. This is the fork; we eat with the fork, not with the knife. These are the breakfast plates; they should always be hot," and so on through all the setting of the table.

Next came the clearing, learning how to collect the silver and the knives separately, to remove the glasses first, to pile up the breakfast plates, scraping the crumbs, etc., into the top one; how to brush and fold the table-cloth in the creases, that it may retain its fresh appearance. Our young housewives then marched out, singing, to reappear with cunning tin dishpans, and two kinds of towels, a fine one for glasses and silver, and a coarser one for the china ware. They played wash the dishes in the proper order, glasses first, then silver, then cups, etc.; rinsed them in clear water, drained them, and dried them on the appropriate towel.

Now the dishes were placed neatly in their boxes, and the march striking up, were carried away to the side room.

The next exercise was sweeping, one of the prettiest, most active and most enjoyable of all. The housemaids marched in with their little brooms and dusters, showed us how to arrange the tables and chairs before sweeping, to sweep and dust the room, when to use the dustpan and brush, dust cloth and feather duster and to put the room in perfect order. They ended by forming a line, skipping about the room and finally forming an arch of brooms through which each couple must pass arm in arm.

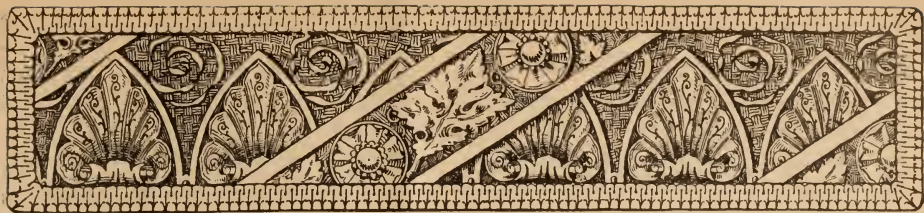
Here ended the lesson for that afternoon. On other days they learned how to build the fire, how to air the bedding, lay off pillows and shams, turn the mattress in the air, spread the bed-clothes, etc.; and all this to song and

music, with real little dolls' beds, mattresses and pillows. Think, my dear mothers, what fun we missed when we were young. On the whole the world is a brighter place for children than when we occupied that position.

Another lesson teaches cooking, and at the Wilson Mission the cooking is done with real fish, meats and vegetables, and the girls may easily become good cooks. As a good cook always tastes her wares, the little ones end by eating up the good dinner that they have prepared. They learn, too, how to buy meats and vegetables in the market.

Another lesson teaches laundry work, with the accompaniment of song; and last but not least comes scrubbing.

You can easily see what a useful school this has become to the tenement-house damsels, and how they have surprised their mothers by new ways of doing work, which have been adopted as soon as the good reasons for them were explained. How many of our daughters know these things? To many young housewives the training of their servants, a work that must be done unless they belong to the very wealthy, becomes a heavy burden because they do not know the best ways of doing work themselves, and because they must often take green girls fresh from Ireland or from untrained tenement homes. I think that many of you might repeat the kitchen-garden work and play among your own children, on those rainy days when they are so hard to amuse. Of course, a trained worker makes the best teacher, yet I am sure that any bright woman, who understands housekeeping and children, by seeing the workings of a class can easily become a successful amateur kitchen-gardener.



KINDERGARTEN-AT-HOME STORIES.

A True Story of a Dog and a Rabbit.

WE HAD a pet rabbit once: a gray one, such as live wild in the fields and woods, who went about the house and yard just as it wished to, and we all liked little bunny very much. One day some one gave us a little white puppy, not quite full grown—so we put it down with the rabbit. Instead of quarreling they at once became good friends and amused us very much with their queer ways. The rabbit was fond of being out of doors and eating grass or any green thing it could find, so it was often away for hours; but go where it would the little white dog—not much if any bigger than itself—was sure to go too, for they were great friends from the first. Often the two would wander from our yard into those of our neighbors, the rabbit looking for something to eat, and the dog going with it for company. Sometimes we would have quite a hunt for the small truants before finding them.

We used to enjoy their frolics in the house after tea very much. The dining-room was next to the parlor, and when the gas was lighted and the doors were open between the rooms their fun would begin. A game of “tag” was one of their favorites; and the way they darted from one room to the other—under the tables and chairs—in and out—now here, now there, was as pleasant for us to see as it was for the dear little ones to enjoy. There was a sofa

in the parlor, and one of us would often be resting on it. When the two would get tired, the rabbit would bound upon the sofa, go up to the shoulder of whoever it found there, stretch itself out and quietly settle itself there to rest, puppy staying on the floor. But soon down would come bunny, and the play would begin again.

At their bedtime they would sleep in the cellar on a mat near the furnace, a nice place fixed for them. It was so pleasant to see them; bunny would stretch out flat on its side and puppy would place its head on its friend, using it as a pillow, and so the night was passed. They were as happy a pair of friends as could well be.

The rest of my story is sad, but I will tell it to you. One evening our dear little bunny was missing, and we never saw it again; we feared somebody had either killed or stolen it. It was pitiful to see the little dog’s distress; at bed time it searched in vain for its lost companion, and refused to sleep without its bedfellow. Again and again did we carry it to the rug—no, the rabbit was not there and poor puppy was inconsolable, refusing to sleep alone. Our cat had some kittens in a box of her own in the same cellar, and the poor heart-broken fellow tried to persuade her to let it share a bed with the kittens, but pussy did not love dogs, and would not take pity on its yearnings. But one evening puss was not at home

at bedtime, to the joy of our little friend, and the kittens had an unusual nurse for that night.

I often wonder that boys—and men—can find pleasure in hurting little creatures, as some seem to. If you children will only be kind to animals you will be happier, far happier, in loving them than in giving them pain. See how these two little fellows loved each other!

W. K.

Autumn Voices.

LITTLE by little autumn gives place to winter, one by one Mother Nature's children say good-by and go to rest. Little children, did you ever listen for the good-night voices? Let us think of some busy workers who have helped to make summer glad and happy.

The flowers have heard the tramp of King Frost's army in the distance and have bowed their heads in sleep. The leaves have put on their beautiful dresses and are ready to dance at the "harvest ball" and keep time with the song of the breezes. The robin prunes his feathers and soars away, saying "I am only a summer boarder, good-night—dear friends! good-night—I shall meet you again in the spring." The cricket sings: "Good cheer! good cheer!" as long as he can, and never a word does he tell of the palsy that is creeping over his limbs and the cold dew that makes him shiver. The grasshopper, now quite infirm and rheumatic says: "Good-night, little children; this is positively the last hop of the season."

The squirrels are laying up a good supply of food, and look very sleek and well in their new ulsters. They are making much of the gay season, for it will soon be over. The last tardy cat-

erpillar has closed his door long since, and heeds not the breezes that rock his silken hammock.

Pretty Miss Witch Hazel is celebrating her wedding in dainty ruffles, and laughs in the face of winter, as she seems to say, "What care I for your icy touch?" The brook murmurs a hoarse refrain, saying: "Dear violets! I miss your pleasant faces, but good-by; you could not wait for me. I lock my door last of all and open it at the first call of spring." The south wind whispers hopefully, as it kisses each and all, "Good night, good-night, sleep safely and well, for over all the Heavenly Father will keep loving watch."

L. A. SAWTELL.

Brockton, Mass.

The Little Guinea Pig.

THERE was once a little guinea pig, who, like all his little brothers, came into the world without a tail. He thought that because he was different from other animals, he would live to see something remarkable. But now he lay day by day in an old wooden box, and the sun only shone upon him when his little master, Karl, visited him and raised the lid of the box.

Now this gloomy life did not please the little guinea pig one bit, so one day when Karl left him to seek food for his pet, the guinea pig hastily climbed over the edge of the box and ran into the wide, wide world.

First, he came to Diana and her little puppies. He ran quite near to them to wish them good-day, and play with them, but the puppies did not look kindly upon the newcomer, and sniffed at him curiously, on all sides.

When they saw the guinea pig had

no tail they shook their dumb little heads and said:

"We do not know you!"

The little guinea pig ran quickly out of the yard and into the fields. Oh, there were some little rabbits, playing so happily in the green grass, rising up on their hind legs and amusing themselves with the many-colored butterflies. The guinea pig asked very politely if he might not eat a little of the grass, but the oldest of the rabbits, with the long black ears, shook his head and said: "You cannot stay here, come back when your ears have grown as long as ours—we cannot bear short-eared people!" Then the rabbits ran away, and left the poor little guinea pig alone. Now, by this time, he had

become very hungry, and ran quickly back to the village and into a big yard. A stupid fellow was sitting there, sunning himself. He looked very friendly, though, and the guinea pig took courage and asked whether he could tell him where he could get something to eat.

"Humph!" answered the boy.

"Your little master Karl has just gone by, with a basket of beautiful beans, which he gathered for you. Run home quickly, then you will get some!"

The little guinea pig nodded his head gratefully and thought it was best to follow the boy's advice. He turned around, hastened home, laid himself down in his box, and never again had a desire to wander into the wide world.

F. V. B.



CURRENT TOPICS.

The Household Accounts.

WHETHER or not it is the part of wisdom to keep accounts is an ever open question; especially is it so with housekeepers and mothers of families. The simplest system that they could adopt would still be a complicated one because of the number of separate accounts, and yet every woman who has kept accounts has decided, after years of experiment, that it is wise. A very good plan to follow is to have several cheap note-books, small enough to carry in the purse; the only reason one should have several is that they can be purchased more economically than a single book. Enter into one of these note-books, which is always car-

ried, every item and expense for the day. This book can do service as a memoranda-book. Every day if possible, and certainly once a week, check off these accounts into a ledger. The left-hand page of the ledger should represent the income page; the right hand the page of expenditures. Most women have but one source of income, and for such the income page will be a very easy matter to handle, and part of it can serve as expenditure page. The expenditure page should be divided for the several heads—House, Furniture, Dress, Children's Dress, School Expenses, Books, Amusements, Church and Charities, or in divisions or set of divisions that meet the require-

ments of the family accounts. These divisions or rulings would best be made with red ink. It is unnecessary to say that the expenditures on each day in the little note-book must be under date of that day, and it is very wise to settle accounts on one day of the week. This saves much confusion. Friday or Saturday is usually the best day. There is a certain satisfaction in being able to account for every penny expended, in these days when money seems to disappear and leave nothing to show for its expenditure. The second advantage, and by many people considered a primary advantage, is that keeping accounts is very apt to stop unnecessary leaks. There are many husbands who would be much more agreeable in money matters if they could see exactly how the money

was spent. To most men the disappearance of income is a source of mystery, if not of annoyance. It is an excellent plan, where possible, to have the husband draw off the accounts from the day-book. Many times he will untangle figures that puzzle his wife, and very often their combined intelligence will see ways of modifying expenditures, or of expending under wiser assignments.

The true secret of managing money is to so divide the income as to keep the best balance in the several departments of expenditure. For instance, decide how much money can be expended for rent, church, and charity expenses, dress, etc., and keep within the limit. Accounts help to keep this limit before the mind, and serve as a check and gratification.—*The Outlook.*

Many subscribers have, from time to time, sent us names of young mothers of their acquaintance, asking that sample copies be mailed to them. This we are always glad to do, as the magazine never fails to make friends for itself wherever it secures a reading. Others have sent us the address of some friend willing to secure subscribers, and, as we allow a liberal commission, a double benefit has resulted. Very likely every subscriber knows of some one—a worthy acquaintance seeking employment, a teacher anxious to add to her income, etc.—who would be glad to give some of her time to the work of extending the circulation and influence of this magazine. Such work is bound to be remunerative. A lady who canvassed one of the Kansas towns obtained more than 100 subscriptions in two weeks' time. With the price at \$1.00, very little effort is required to convince any intelligent young mother that a year's subscription will be worth many times the investment. We shall esteem it a great favor to be placed in communication with ladies willing to undertake such work.

Babyhood.

Devoted exclusively to the care of infants and young children, and the general interests of the nursery.

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COLD HANDS AND FEET.

BY WM. H. FLINT, M.D.

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MANY children, though apparently in very fair health, habitually have cold hands and feet. This is, indeed, such a common occurrence that, in many instances, it hardly excites the attention of those to whom the care of the children is entrusted. Even if it does strike the observer as rather unusual, it is generally dismissed with casual comment, as of no particular importance. This is, in the opinion of the writer, a serious mistake, since the existence of persistently cold hands and feet seems to him the infallible index of disorder in the bodily mechanism, or of deterioration in the vital fluids, which should receive prompt attention and which, if disregarded, may lead to graver pathological conditions. This remark does not apply, of course, to those cases in which the extremities have been only temporarily chilled by exposure to cold and to moisture, and in which the natural temperature is easily restored by the agency of warmth, of dry air and of friction.

There are several unnatural conditions capable of giving rise to cold hands and feet, and some of these leading factors are here tabulated in order that BABYHOOD'S readers may more easily ascertain the causes of cold ex-

tremities and may, if possible, remove them, with the view to the prevention of actual disease. These conditions are: 1. Indigestion; 2. Nervous Excitability; 3. Imperfect Circulation; 4. Impure Blood. In order that the reader may readily understand the physiological mechanism by which the first two causes produce their effects, it is proper to recall the facts that the warmth of a part will depend, other things being equal, upon the amount of blood present in its tissues; and that the quantity of blood sent to the various organs is determined by a delicate double system of nerves, which regulate the calibre of the blood vessels and which are themselves controlled by nerve centers located in the brain and in the spinal cord. One of these sets of nerves contracts the muscles in the walls of the small arteries, thus partially shutting off the blood from the vessels, while the other set dilates the arteries. If the latter nerves gain control of the arteries, in any part of the body, these vessels increase greatly in capacity, and a larger quantity of blood passes into them and into the corresponding veins, the surface soon becoming red and warm. An example of this physiological act is seen in blushing.

Sudden pallor is, on the other hand, due to the preponderating influence of those nerves whose duty it is to contract the blood vessels.

Now, *indigestion*, the first cause of cold hands and feet mentioned in our list, probably produces its effect upon the extremities by stimulating the centers which control the vessel-contracting nerves. It is assumed that this may be accomplished either by the irritation of the mucous membrane of the stomach and of the intestines, through coarse or undigested foods, and by the stimulating products of unnatural fermentations, or by the absorption into the blood of these same irritating substances and of poisons emanating from the bacteria which are instrumental in producing fermentation of the undigested foods.

While indigestion is probably the most frequent cause of cold extremities, it is, perhaps, the most easily removed of the causes enumerated above. The writer has repeatedly insisted, elsewhere in *BABYHOOD's* pages, upon the necessity of checking digestive disturbances speedily, lest they lead on to actual digestive and constitutional diseases. This warning he begs to repeat and to emphasize in this connection. When, therefore, cold feet and hands betray the probable presence of disturbed digestion, let us spare no means, whether dietetic, hygienic or medicinal, to remove any existing dyspeptic ailments before they lead to organic disease.

In cases of cold extremities from any cause, temporary relief may be afforded, by various means, while the real source of the trouble is being discovered and remedied. Much good may be accomplished by properly protecting the

hands and feet. Woolen or silk stockings should be worn during the fall, winter and spring months, and should be changed several times daily, in order that the perspiration retained in the stockings be not long kept in contact with the feet. If this precaution be neglected, evaporation from the damp stockings soon chills the feet, the effect being the same as if they had purposely been enveloped in moist cloths. Brisk friction, with the hands and with dry towels, employed at the time when the stockings are changed, will greatly assist the circulation in the feet, thus promoting warmth and comfort. The shoes should be so large as not to pinch the foot, and the soles and uppers should be thick and firm. The hands ought to be protected by woolen mittens or gloves, which should be well dried; at the fire, from time to time.

Nervous Excitability may give rise to cold extremities. The nervous system is so delicately balanced and so susceptible to slight impressions, in this class of cases, that little shocks and irritations of the controlling nerve centers are constantly produced by influences incapable of exciting such responses in those children whose natures are more phlegmatic or apathetic. Emotions, whether of joy, of sorrow, of anger, of pleasure or of pain, may suffice, in these patients, to set the vessel-contracting nerves into action, by which the surface is deprived of blood and depressed in temperature. Nervous susceptibility, of such a high grade as has just been described, should be removed by proper management and treatment, lest it lead into functional or organic nervous disease. The cause of such exaggerated sensibility, on the part of the nerves, may be deeply hid-

den and may require the aid of the family physician for its discovery and its removal.

Imperfect Circulation may be responsible for persistent coldness of the hands and feet. The reason for the coldness is easily understood in these cases. The heart's action is not strong enough to propel the blood into the extremities with sufficient force and rapidity to keep them adequately warmed, the hands and feet being more remote from the central organ of the circulation than any other parts of the upper and lower members. Given this origin of the symptom we are considering, it may be of great importance for the future physical welfare of the child that the heart's action be strengthened, and that any unsuspected cause for this weakness of the circulation be ferreted out and, if possible, removed. This is true because, without healthy heart action, perfect growth and nutrition are impossible, and because heart weakness may imperceptibly develop into actual heart disease.

Diseased Conditions of the Blood may also occasion coldness of the hands and feet. The warmth of the body (called vital heat), as well as its growth and repair, is chiefly due to oxidation occurring in all the tissues. The oxygen required for this all-important chemical process is conveyed to the

tissues by the red corpuscles of the blood. If these corpuscles are diseased, so that they cannot act as efficient oxygen carriers, or if they are not sufficiently numerous to convey an adequate supply of oxygen, normal oxidation cannot take place, the temperature is reduced below the normal point, and the tissues suffer from innutrition.

If this condition of affairs is allowed to continue, the child's growth must be stunted and the patient is also exposed to graver dangers from the occurrence of any constitutional disease than he would be were his blood and his nutrition in a healthy state. It is natural that coldness of the surface, due to depreciation in the quality of the blood, should show itself most strikingly in the extremities, for they are more exposed to refrigeration than the more warmly covered trunk and members. They are, moreover, farthest from the heart, the action of which is apt to be impaired whenever the blood is disordered.

In conclusion, the writer begs his readers not to neglect this apparently trivial symptom of cold hands and feet, but, being forewarned by its appearance, to seek out and remove its cause, in order that their children's natural growth and development may be promoted and that possible disease may be averted.





THE EVILS OF INDISCRIMINATE DRUG-GIVING IN INFANTS AND CHILDREN.

BY DR. D. J. MILTON MILLER, PHILADELPHIA.

MOST nurseries possess a medical chest or closet, for use in the trifling ailments to which all children are from time to time liable, and no harm comes from this home-medication if it is done judiciously and wisely, and if no dangerous drugs are given. It is to the indiscriminate and often reckless administration of medicines on the appearance of the slightest indisposition, or what is often imagined to be such, particularly the giving of purgatives, and the still more dangerous preparations containing opium, that this article refers.

It is fortunately true that there has been a great improvement in this matter over the days of our fathers, when, as the spring approached, every good housewife put her children through a course of sulphur and treacle, to work off the bad humors that had accumulated during the winter, and when the slightest indisposition was met with a dose of castor oil, or the still more nauseating pink root was given for real or supposed worms. Parents are more likely now to consult a physician when their babies are out of sorts, or have learned that most of the minor ills get well of themselves if left alone. Yet the practice of giving medicines on the slightest occasion is still too common, and much harm is often done thereby,

dose after dose being given, until a real disorder is produced where, perhaps, only a slight indisposition was present; or the physician is called upon to treat a disease which has been wholly induced by drug-giving. Still worse than this, the practice is often continued when the child is under professional care; the natural anxiety of the mother being increased by the anxiety and sympathy of well-meaning friends, who always have instances to relate of similar cases in other children where this or that remedy has been of great value, until she is persuaded and importuned into trying a remedy without the doctor's knowledge, and to the discomforts and dangers of the illness are added those of incompatible medicines or too much drug-giving.

Strange as it may seem, it is not only among the poor and ignorant that this practice prevails, but also among parents of refinement and wealth, either through actual ignorance or because of their confidence in ignorant and incompetent nurses. "Instead of looking on the animal economy as an organism constituted to work well under certain conditions, and having, in virtue of that constitution, a tendency to rectify temporary disorders if the requisite conditions of restorative action be fulfilled, they seem to regard

it as a machine acting upon no fixed principles, and requiring now and then to be driven by some foreign impulse in the shape of medicine."

It must be understood that the writer does not insist there shall be no domestic medication. On the contrary, he recognizes fully the many occasions that constantly occur in which a judicious use of medicines by an intelligent nurse or mother may ward off a serious illness, or the slight indisposition which may be readily rectified by proper medicines or more often by rest and diet alone, without the intervention of medical aid. But he does protest against the reckless and haphazard use of drugs by lay people, particularly in the case of children, who cannot speak for themselves, and it is his purpose in this paper to point out the drugs most commonly used in the nursery, and the dangers that may result from their abuse.

Laxative Medicines.

No medicines are perhaps more abused than those belonging to this class. Whether it is the innocent-looking, but often injurious, powders of calomel, or the dose of castor oil or rhubarb, they are the sovereign remedies for every ill of the little ones. No knowledge is manifested as to what is the proper aperient, or even if such medicines are needed at all; mothers only know the child is indisposed, and some medicine is, in their opinion, necessary, and a purgative is, of course, given. It has come within the writer's experience recently that a purgative dose of castor oil was given after a child had swallowed a large hat pin, the very worst thing that could have been done. In this case no harm resulted, but the most disastrous consequences might have

followed in thus hurrying through the intestines this sharp-pointed instrument, and cases are on record in which the continuous administration of large doses of purgatives, in cases of diarrhœa, has resulted in death. The constant use of rhubarb for the relief of chronic constipation is injurious, because after its first laxative action it has a secondary confining effect, thus increasing the very evil from which the child is suffering. Castor oil and magnesia, so commonly used for the same purpose, are also unsuitable drugs, because their dose requires to be gradually increased, as the bowel becomes less sensitive to their action; they are only indicated in acute disease, when it is simply desired to empty the bowel of its contents. It must never be forgotten that dietetic and hygienic measures rank far above drugs for the relief of this condition, and in most cases are sufficient for its cure.

It is a popular belief, founded on common sense, that purgative medicines are of value in diarrhœa, and so they are at the commencement of the attack, for the purpose of carrying off any offending material that may be the cause or one of the causes of the disease; but it has happened that a mother has continuously dosed a child with castor oil, because of greenish stools or pain, when the symptoms have been due to the medicine itself. If a diarrhœa is not relieved by a single dose of a laxative, it is unsafe to continue the medicine further. But calomel is of all the medicines of this class the one whose abuse is the most injurious. Yet there are families who keep this drug constantly on hand, and, whenever the child's tongue is slightly coated, or the white of its eye seems a little yellow,

immediately "touch up" the liver (which in nine cases out of ten has nothing to do with the condition) with a calomel powder. It should be remembered that this medicine is a preparation of mercury, which, in sufficient doses, is a poison, and a drug to which some persons are particularly susceptible; and, although children are not very prone to its deleterious influences, yet numerous cases have occurred in which they have been salivated by small doses. Again, its use in the so-called bilious conditions, though productive of great good, is said to increase the tendency to this state if employed too often. It has also the property of producing greenish stools, and ignorance of this fact has often resulted in its repeated administration to relieve the very condition it has itself caused. Its long continuance, even if it does not salivate, will often bring about a debilitated state of the system, which is recovered from with difficulty. It is a drug, therefore, whose use requires the experience of a skilled physician, and it is most decidedly not an eligible medicine for the nursery medicine closet.

The Alkalies.

Soda, particularly in the form of soda mint, or the equally familiar baking soda, are much used in the nursery for relief of nausea, flatulence and sick headache. The parents never reflect that the proper method of relieving these conditions is by dieting, particularly by the avoidance of the starchy and sweet foods, and that alkalies are only to be used as palliatives, their long continued use weakening the digestive powers, and producing a depraved condition of the blood and consequent debility.

Opiates.

The preparations, however, the indiscriminate and unintelligent use of which in the nursery is most reprehensible, are those of opium. Not only does obstinate constipation, loss of appetite and impaired health follow their prolonged use, but single doses have frequently caused convulsions and even death. Children are peculiarly susceptible to the influence of this drug, and the susceptibility increases with the youth of the child. In addition, there is no drug whose action is so irregular in children, a dose which would be harmless in one producing alarming symptoms in another. A case has been reported in which a child of nine months was killed in four hours with four drops of laudanum; and another in which an infant of six months succumbed to two drops; and still another in which one drop proved fatal to a babe one day old. Paregoric has been given with fatal effects. Dr. Wood cites a case where a baby of four months was killed by a few drops. Dover's powder, although not often used in the nursery, has also produced death. Dr. Ramisch of Prague reports a case of a child of four months who was nearly killed by one grain, equivalent to about forty-eight drops of paregoric. These facts make the cautious physician extremely careful when he administers opiates to infants and children. How dangerous, therefore, for unprofessional persons to make use of them in relieving the ailments of childhood!

If opiates are continuously given for a long time to relieve pain or produce sleep, as sometimes happens when children are left entirely in the care of unprincipled nurses, a low state of the system may be brought about; the face

becomes pale, the eyes sunken and heavy, and the expression stupid; with this there is obstinate constipation and falling appetite. But opium is often used in domestic practice, while the mother is entirely unconscious of the poison she is administering to her babe, although she wonders at its stupidity, its nervousness, or its constipation, never imagining it is the soothing syrup or other popular medicine that is the cause of the mischief. Such remedies should have no place in a well-regulated nursery, and their sale ought to be prohibited by law.

Emetics.

Emetics, particularly ipecacuanha and hive syrup, are in common use in the nursery, and there is no doubt their use in the hands of an experienced mother will often avert what would have been an attack of croup, or quickly terminate one that has already commenced. But the practice of continuously giving emetics in severe bronchitis, in croup and in whooping cough, is a bad one, often aggravating the disease itself, or rendering the patient so weak that he readily sinks, should the attack be prolonged or become severe in character. These medicines should only be used when active symptoms of suffocation are present, and should be repeated with great caution.

External Medicines.

In reference to the external use of drugs it is hardly necessary to say that a blister should never be used on a young child, except under medical direction. Mustard plasters need caution in their use; the writer has seen them produce blisters and even ulceration from too prolonged an application to the tender skin of a young baby. In children,

mustard plasters should be diluted with from four to six parts of flour, and as soon as the surface becomes red they should be removed. A few years ago the writer was called to the bedside of a little sufferer (its mother the intelligent wife of a journeyman tailor), the whole front of whose chest was one immense blister—the result of an application of coal oil, which had been recommended by a neighbor for the relief of a severe cough. Still another method of external medication to be condemned is the dropping of oil, warm milk, laudanum and soap suds into a child's ear for the relief of earache or to cure a discharge. Dr. Turnbull says: "We strenuously object to the use of drops of any kind, or water dropped and syringed into the ear" for these conditions. Death has occurred from this method of using laudanum, and "fluids so used macerate the parts and prevent the subsequent healing process." Nothing larger than one's thumb should ever go into a child's ear, and pain is best relieved by the hot salt bag or the hot water bag. Cotton should never be placed in a running ear; it prevents the escape of the discharge, and often converts a harmless inflammation into a dangerous one. Running ears always require the services of an aurist.

Allied with the above subject is the practice of attempting to treat sore eyes of the new born with warm milk, tea, etc. In the first place, every case of sore eyes in the new born should receive the immediate attention of the physician, as we do not know but that it may be the commencement of the dread ophthalmia, that terrible disease that fills our blind asylums; and, if anything is done by the mother or nurse, let nothing but pure water be used, never milk, which is

fermentable, and which would increase the trouble.

In concluding these remarks, the writer cannot refrain from repeating what was hinted at in the beginning, viz., that parents should remember that the majority of the slight ailments of childhood have, in common with other diseases, a tendency to self-cure, and if they avoid drug-giving, or give only the simple

and more harmless remedies, and lessen the amount and quality of the child's food for twenty-four hours, at the same time keeping him in the room or in bed, he will in many cases speedily recover his usual health. Above all, they should avoid temporizing with drugs, and, in the event of the failure of the simpler remedies, should send for a competent medical adviser at once.



DENTITION.

BY CHARLES G. KERLEY, M.D.

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THE list of the affections and diseases which teething is supposed to be able to cause would include nearly, if not all, the troubles incident to early childhood. That the effect of this process on a child's organization is immensely overestimated there is not the slightest doubt. The opinion that teething is something to be greatly dreaded and feared is so firmly grounded in the minds of the laity, and of many physicians as well, that the teachings to the contrary of the foremost American and German pædiatrists during the past ten years can hardly be said even to have taken root. In an article entitled "Convulsions," which appeared in the November number of this journal, I stated that I had watched one thousand infants

cut their teeth. One set of a thousand infants cut their teeth very much the same as any other one thousand, and as this number includes all classes, conditions and nationalities, some conclusive deductions can be drawn. This number is to be divided into three groups:

The breast-fed.

The well-managed artificially fed.

The badly fed.

In the majority of the breast-fed the teeth were cut at the proper time and with practically no disturbance; perhaps there was a period of irritability and restlessness for a day or two before the eruption of a tooth. In many the teeth appeared without the slightest inconvenience, and that a tooth had been cut was first discovered during the bath or while feeding or

dressing the baby. In a very few there were decided irritability and restlessness, with a slight rise in temperature; the child seemed hungry, but refused to nurse as usual; would take the breast greedily at first, but soon allowed the nipple to slip out of its mouth, straightened itself out in its mother's arms and began to cry. When the gums were gently rubbed relief followed.

I have noticed that quite a number of these breast-fed infants who cut the incisors without the slightest illness do not have such a comfortable time with those that come later, from the tenth to the twentieth month, which time usually includes the dreaded second summer. In these, restlessness and irritability in some, vomiting and diarrhœa in others, occurred at the time of the eruption of a tooth, but we never could prove the teeth to be directly at fault; without exception, food unsuited for the condition of the child, period of life, or season of the year, had been given. The very few nursing babies who had marked trouble were delicate. They were found to have some constitutional taint or the mother's milk was at fault.

The well-managed artificially fed, such as were given cow's milk and cream, properly diluted and prepared, experienced no serious inconvenience. In the majority, the teeth were cut as easily as in the breast-fed. There was more of a tendency to gastro-intestinal complications, however, and if such a disturbance developed it was apt to be of a more serious nature, but the cases which developed more than a few days of irritability and restlessness were few; as regards the period

after the tenth or twelfth month, when freer feeding had been instituted, what was said regarding the breast-fed at this age holds with the bottle-fed babies. When marked gastro-intestinal disturbances occurred coincident with the eruption of a tooth, a cause other than the tooth could be found if it was carefully looked for.

The badly fed, of course, were nearly all artificially fed; they had condensed milk which was inadequate, or prepared foods which were unsuitable; and they were given cow's milk impure or improperly prepared. To this class also belong a great number of unfortunates who are given food such as bread, meat, potatoes and sweets, before the system requires or the digestive organs can bear such a diet. It is these debilitated, more or less badly fed infants who are said to "teeth hard." They are the children who have convulsions, vomiting, diarrhœa, fever, bronchitis, skin diseases, rhinitis, adenitis, otitis, stomatitis, coincident with dentition; but such children have all these troubles when they are not teething, and the part which it plays in the matter is, judging from very careful and quite extensive observations, a very small one. There is no doubt, however, that during active dentition, the alimentary tract is slightly predisposed to derangements of a catarrhal nature; if the baby has always been properly fed this tendency is so slight that it will probably not be noticed at all. If, on the other hand, there is marked digestive disturbance, as the result of overtaxing the organs by improper feeding, diarrhœa and vomiting may occur. The majority of the children who belong to this, the third class, are rachitic, and infants

with rachitis even of a very mild degree are far more liable to troubles of every kind, especially such as are catarrhal in character. The teeth appear later than normally, out of the usual order, and require a longer time to get through the gums after the shape can be made out. A rachitic boy cut the first tooth at the ninth month; with the eruption of this tooth and with five that were cut at intervals of two or three weeks during the next four months, a diarrhœa and vomiting attack occurred, the attack each time subsiding as the tooth pierced the gum. I have a few times lanced the gums of such patients with apparent relief of the acute symptoms which may be present. Irritability, restlessness, slight fever and gastro-intestinal derangements were the only symptoms and affections that I could possibly connect with the process in any of the one thousand cases. In these, irritability, restlessness and fever seemed in some to be directly due to dentition; as to the intestinal disturbance, the proof is not so positive. It is claimed by some that the mucous membrane of the respiratory tract is peculiarly susceptible at or about the time of the eruption of the teeth. I have never seen anything that would lead me to believe this. I have never seen the "tooth cough" or a "tooth bronchitis." Many of the teething infants had coughs and bronchitis at various times, but they did not subside when the tooth was erupted, and an examination and investigation would reveal why the child was sick. Neither have I been able to trace a positive connection between teething and skin diseases, tonsillitis, adenitis or stomatitis. A

teething child will get the stomatitis or sore mouth from contagion, or from sucking unclean rubber nipples or cloths, as soon as will one who has no teeth, or all of them, and no sooner. I have never seen a convulsion that was strictly due to dentition, but have seen convulsions repeatedly in teething rachitic children who had been indulged in unsuitable food.

There is another class of children who, although few in number, are not to be forgotten. They are the delicate offspring of healthy parents. Careful examination reveals no inherited taint, no constitutional disease. They are weak and delicate. In spite of the best of management they are the source of great care and anxiety until the twelfth, eighteenth or perhaps twenty-fourth month is reached, when rapid improvement takes place, and they grow up as healthy as those who did not have such a struggle for existence in early infancy. Such children often suffer from dentition. If a disturbance is caused by dentition, it accompanies the eruption of the upper teeth, in the majority of cases.

The opinion very common among the poorer classes, and too common among those in better circumstances, that bronchitis needs not to be treated, and that a diarrhœa is beneficial during the teething process, has been and is the cause of an incalculable amount of harm, and as a result of it many lives are lost yearly. A diarrhœa occurring in a child under eighteen months is always dangerous, especially during the hot months, and should always be taken in hand as soon as possible and treated vigorously.

A case which well illustrates the extent to which this ancient supersti-

tion can be carried, and the disastrous results of the same, was brought to me for treatment at the outdoor department of the Babies' Hospital. The patient was fifteen months old, weak and emaciated nearly to a skeleton. It was the only child and was accompanied by both parents. When undressed it presented a picture of a marked case of *athrepsia* and *rachitis*. There were the square head, the open sutures, the large fontanelle, pigeon breast, pot belly, enlarged joints, and a marked spinal curvature. I was told that the child had always been delicate, had been subject to attacks of vomiting and diarrhœa from the sixth to the eleventh month, and that for the last four months it had had a chronic diarrhœa. Upon questioning as to what had been the diet, the mother answered promptly, with no small show of pride, that it had been fed from the table since it was six months old. They had always given it condensed milk for a drink. Before the first six months it had received the condensed milk only. A diet better calculated to produce the above picture could hardly be imagined. While being undressed the child was nibbling on a currant cake, such as are to be seen in the show windows of cheap bake shops. I remarked that this was hardly a suitable diet for a sick baby, to which the father replied that it did not eat much of the cake when dry, but liked it much better when it was soaked in beer.

While getting the history and making the examination, I was frequently interrupted by the parents, who took turns in telling me that all the trouble was due to the teeth, that the teeth could not get through the gums, etc. I now opened the mouth and saw four brown, broken incisors protruding through the pale, thin gums. When told that the wretched feeding and management were the cause of the illness they were neither pleased nor inclined to believe me, because old Mrs. Blank, who had been a nurse for thirty years, had told them repeatedly that the child would be all right after he got all his teeth. For this they were waiting, peering anxiously into the mouth daily, awaiting the teeth which were never to appear, doing nothing for the disease that was slowly taking the life of their only child. These parents, in common with many others, believed that a tooth diarrhœa must not be relieved.

The giving of drugs for the irritability and restlessness is seldom necessary. Lancing of the gums is rarely required. I have done it a few times with some benefit. The chances of its doing harm are very small. Concerning this practice, Dr. J. Lewis Smith says: "The gum lancet is used much less frequently than formerly. It is used more by the ignorant practitioner who is deficient in the ability to diagnosticate obscure cases than by those of intelligence, who discover the true pathological state."





BABY TRAVELERS ON THE OCEAN.

BY JEAN PORTER RUDD.

WHEN Don had grown to be two and a half years and Baby Bonnie eight months old, everybody said that it was high time they should begin their travels; and what is it to travel unless you can cross the sea?

Papa and mamma and the two babies were safely aboard the stout ship *Zephyr*, bound for Trieste from New York, and Bonnie was introduced to the home that had been provided for her.

Mamma had bought a clothes-basket to take aboard ship and no one could imagine why she wished such a cambersome article added to her luggage. Was she not to be blissfully rid of washing day for two long idyllic months? But mamma knew, and soon Baby Bonnie both knew and appreciated her home, for strapped and pillowed within her willow basket, Bonnie was like a fairy princess in a cozy sea-shell. What matter if the stout ship lurched or dipped or swallowed a breaker? Bonnie always came out "right side up with care," whether the basket was fastened to the cabin sofa, the mizzen mast or the flying jib.

Two months were lived in that beautiful, bird-like ship which white wing sails bore steadily, buoyantly over the vasty deep; and two months give an eight-months-old baby time to grow.

Bonnie learned to clamber over the

basket edge, shake herself free of pillows and straps, and watching a little to one side, like an old mother-bird on a tree, mamma let her creep about the smooth, sunny deck when the sea was calm. But one day Bonnie pulled herself up by the great compass-box and essayed a step or two.

Mamma's face wore a look of horror.

"Bonnie *must* not learn to walk at sea!" she cried in dismay.

"And why not, ma'am?" asked the first mate who had left a baby daughter at home.

"Oh!" cried mamma, "Not for worlds! Why, she would always walk with a lurch—like a ship!"

The first mate sniffed a sniff of disgust and tried to pretend he had sneezed; then he said gruffly. "I'd 'a' liked my gal to 'a' learned at sea—*she'll* always walk like a land-lubber."

All the rough old seamen were devoted to the rosy blond-haired babies; some of them because they had little ones of their own at home, others, because they had none and were sorry for it. The carpenter nailed extra boards upon the babies' berth, where the two lay cuddled in together, sardine-wise, that they might never fall out, even with the *Zephyr's* deepest lurch, and the second mate even forgave Don for playing "horsey" on deck just over his head during his off-watch nap. Poor mamma had a hard time of it; it

seemed to her that somebody was taking a nap all the time, and it was so hard to remember that one four hours they must keep one side of the deck and another four hours on the other; and which was which?

The first mate was always kind to the chicks, though he had hoped to bring his own wife and baby that trip, and when mamma learned of his disappointment she forgave him his sniffs and his sneezes; indeed, she even liked him the better for them, knowing the feeling which tried to hide itself behind them.

But such a dance as mamma had with Don! The ship was scarcely big enough to hold him. He must needs trot his little feet into every nook and corner from the fo'castle to the galley, from the wheel to the ship's bow—which Don called "the toe." All things considered, it did seem wiser that Bonnie should not learn to walk.

The captain arranged a network of strong rope around the railing of the poop-deck to keep Baby Boy safe on board, and papa dogged him like his shadow—somewhat transformed and disproportionately elongated—from bow to stern, fore and aft, amidship and "below;" behind the wheel and for'ard where the great anchor and the piles of cable chain lay. Don's supreme delight was to see them "pack sip," as he called it, and he picked up several nautical terms which he interpreted in baby fashion.

"*Be-lay!*" he could shout as well as the first mate, who rendered it in peculiarly sonorous tones; and the weird sing-song of the seamen, as they hoisted or furled the sails, was echoed in silvery sibilants from all parts of the ship.

He learned to know the port and

starboard lights when the steward brought the great gleaming lanterns aft at night, to hang at either side of the vessel's stern, and mamma never doubted that he felt himself capable of climbing up the rigging hand over fist, turning the great wheel to steer, or even of commanding the ship like the captain himself. Command of the captain he assumed immediately; it had been a complete surrender from the first, and Baby Boy was *his* superior officer without a question. At the same time the captain would never notice bright-faced Bonnie, because as he said: "Girls were never no good."

One day while mamma was singing Bonnie to sleep and the great ship itself was playing the part of nursery rocking-chair, Don gave papa the slip and for an hour or two Baby Boy was missing. Such a frantic search ensued aboard the *Zephyr!*

The carpenter, Don's self-constituted squire, even looked into his tool-chest, raising the heavy lid in fear and trembling. It was mamma herself who found the child at last. He had mounted the companion-way to the poop-deck and crossed by a narrow plank to a point amidship where the lifeboats were suspended. Into one of these great boats he had climbed, and sitting down, his small blond head was quite concealed by the high convex sides. When mamma found him he was fast asleep, with his rosy cheek against the hard oaken seat; and thus trustingly, unafraid, Baby Boy would have sailed out over the high seas.

Another day, while Bonnie slept in her willow basket and papa watched by her side, sketch-book in hand, mamma led Don up to the poop-deck, stretched herself out in her steamer-

chair, and with the child in her lap, close cuddled under shawls and rugs, told him wonderful fairy tales of the wonderful sea and sky, which stretched around and above them. Don's blue eyes stared up at the far blue sky and down upon the iridescent water, when suddenly the *Zephyr* shipped a sea and lo! the giant wave poured itself high over the deck, steamer-chair, mamma Baby and all. Baby began to cry, but mamma to laugh, and laugh they both did, and papa too, and the captain too, because that towering wave like a flood might have swept them over into the iridescent water, just the two alone under the far blue sky, and as it did not, why, quite naturally everybody laughed. But papa would not let mamma or Don or Bonnie out of his sight again that day.

Two days later they passed Gibraltar, signaling the fortress as every vessel

must, and even now Don is sure that he remembers it. Until now the *Zephyr* had flown across the sea like a strong-winged bird reveling in the power of motion; but once upon the waters of the Mediterranean, it drooped and fluttered and loitered like a bird grown weary and faint-hearted. In other words, they were becalmed.

The first mate walked the quarter-deck whistling in vain for a wind. Papa sketched the low-lying African coast and mamma dipped an ecstatic pen deep into the glowing, changing, throbbing, palpitating colors of sky and sea and distant hills.

Thus Don and Bonnie began their travels, which have not ended yet. Don thinks he would like to become a member of the Geographical Society, so that he may journey into unexplored lands, among strange people. And our Bonnie girl does *not* walk with a lurch.



CHILDHOOD IN THE LIGHT OF MODERN SCIENCE.

DR. FREDERICK TRACY, of the University of Toronto, has embodied in a treatise entitled "The Psychology of Childhood" (Boston: D. C. Heath Co.), the results of the systematic study of children made by the most eminent modern scientific observers. His observations are arranged under headings like *sensations* (sight, hearing, touch, taste, smell, temperature, etc.); *emotion* (fear, anger, surprise, love, jealousy, etc.); *intellect* (perception,

memory, imagination, etc.); *volition* (impulsive movements, reflex movements, instinctive movements, etc.), a separate chapter being devoted to the language of childhood. The whole forms probably the most thorough treatise on the subject extant, and is of great value both as to its psychological and pedagogical aspects. There are scattered throughout the learned work many descriptive bits of childish traits which are quite within the comprehension of the general reader, and

which mothers will be eager to compare with their observations upon their own children.

Probably many mothers will be startled at the scientific dictum that color blindness is the normal condition of the new-born child, there being probably no discrimination of colors up to the third or fourth day, but only of light and darkness. Moreover, even when discrimination of colors has begun, it proceeds very slowly, and the investigation is beset by difficulties.

However, early predilections for certain colors are recorded. A girl ten days old had her attention arrested by the contrasted colors of her mother's dress. She seemed pleased and smiled. A boy twenty-three days old was pleased with a brightly colored curtain. Another child in his second month took notice of the difference between bright colors and quiet ones, and showed his preference for the former by smiles. Another, toward the end of his second month, was attracted by white, blue and violet, other colors being indifferent. A girl of three months and a boy of five months seemed pleased with some drawings of a uniformly gray color, while another boy for the first four months of his life seemed attracted only by white objects, but after that time he began to show a preference for other bright colors, especially red. Raehlmann found no distinction of similar objects differently colored until a good while after the fifth week. Sometimes a strange antipathy to certain colors is manifested. In several cases children have refused to go to anybody dressed in black.

Mothers who have mapped out a musical career for their little ones will be encouraged by Dr. Tracy's remark

that the opinion may safely be ventured that no healthy, normal child is entirely lacking in musical "ear." Children almost always, from a very early age, show a lively interest in music. In one observed case, a child of one month manifested delight in singing and playing. Sometimes children only two weeks old have been observed to stop the motions of their limbs, and apparently listen, when a piano was played in another room. From six or seven weeks onward, and especially in the latter half of the first year, the child's pleasure in music is often shown by a sort of accompanying muscular movements, which he seems unable to repress. The mother's song of lullaby is keenly appreciated, and somewhat later is even given back by the child in a most charming infant warble. The emotional element in the music is often keenly distinguished. Dr. Brown says of one of the infants observed by her in New York City, that when only five and a half months old he would cry when his mother played a plaintive air; but would stop at once, and begin to jump and toss his arms about and laugh, if she struck into a lively melody.

Children have their early preferences not only with regard to aesthetic matters. Numerous experiments show that the child is capable of distinguishing taste in the earliest moments of life; and that, though he is for some time more obtuse in this respect than the adult, yet when a savory article is introduced into his mouth, he knows it just as well as his elders.

Kussmaul experimented on twenty children, during the first day of life—some of them in the very first moments—with the following results: Solutions

of sugar and of quinine being introduced into the mouth by means of a hair pencil—the mixture being warmed so that the feeling of temperature should not affect the result—the children responded with “the same mimetic movements which we designate among grown people as the facial expressions of sweet and bitter.” They responded to the sugar by protruding the lips in a spout-like form, pressing the tongue between them, sucking and swallowing. On the contrary, when the quinine was introduced, the visage was distorted, the eyes closed, the tongue protruded, and choking movements were made, accompanied by the expulsion of the fluid and active secretion of saliva. “Sometimes the head was actively shaken, as in the case of grown people when attacked by nausea.” He adds, however, that he found great individual differences among children, some being far less responsive than others. Sometimes, also, the children seemed to make a mistake at first, as they occasionally responded to sugar by the mimetic movement for bitter, but this was probably only surprise at the *new* sensation, as they very soon changed it for the correct expression. He found also by these experiments that only the tip and edges of the tongue represent the tasting compass, the middle of the back part yielding no sensations of taste.

With regard to smell, careful tests upon new-born children show that they are susceptible to *strong* odors in the first hours of life. Records are at hand of tests made on about fifty children, most of whom were less than a day, some only fifteen minutes old. The tests were made with asafœtida, aqua fœtida, and oleum dipelli. Care was

taken to experiment on sleeping as well as waking children, in order to avoid mistakes in interpreting the gestures and facial expressions. The result was that the children became uneasy, knit the eyelids more firmly together, contracted the muscles of the face, moved the head and arms, and, finally, awoke, sometimes even with crying. On the removal of the odor, they would fall asleep again.

The earliest form of emotion shown by the child is probably that of fear. According to Dr. Tracy, fear is either independent of hurtful experiences, and must be considered hereditary, or it is produced by a mental image of the danger. The child, when only a few weeks old, will start and cry at any sudden sound or strange sight, quite independently of experience. He shrinks from cats and dogs, without ever having been injured by them; he is afraid of falling, before he has ever fallen, and trembles at the sight of large and majestic objects, such as the ocean, when he looks upon them for the first time. Many infants cry when it thunders, though they do not at all understand what it is, and experience a shock—just as some nervous adults do when a door closes with a bang, or an object falls upon the floor. They contract all the muscles of the body nervously when suddenly lowered through the air in the nurse’s arms. They sometimes shrink from people dressed in black, and from those who speak in deep, sepulchral tones. A little girl, slightly over two months old, appeared terrified on beholding a distorted face; she cried out, and sought protection in her mother’s arms. “It was long before she was restored to her accustomed tranquillity—the vision

reappeared in memory, haunted her fancy and brought tears to her eyes." A child of seven months seemed afraid when a fan was opened and closed before him; another at a loud snoring noise which he heard for the first time. A boy of ten months was frightened by a squeaking toy; he soon, however, became accustomed to the sound, and even took pleasure in making it squeak himself.

It is difficult to say, Dr. Tracy remarks, when the child first feels anger, because its outward signs are at first very easily confounded with those of pain or distress. Mr. Sully thought he saw manifestations of anger at the very outset of life, in a little girl, who, "in refusing to accept the nutriment provided by nature, showed all the signs of passionate wrath." Mr. Darwin noticed, in a child eight days old, frowning and wrinkling of the skin around the eyes before crying; but he adds, "this may have been pain and not anger." In the third month, he thought he observed signs of real anger, and in the fourth month he had no doubt about it, for the blood rushed into the face and scalp. Tiedemann's son gave evidence of anger in the second month by actively pushing away the disagreeable object. By the eighth month, he was quite capable of violent anger and jealousy. Perez believes he has seen signs of impatience at the end of the first month, if not earlier; and, in the second month, real fits of passion, pushing away distasteful objects, frowning, reddening, trembling and weeping. At six months, children will scream if their toys are taken away, and toward the end of the first year anger sometimes exhibits itself in revengeful actions hurtful to themselves, such as beating a chair, etc. A

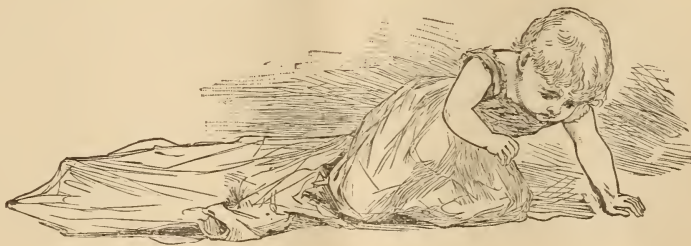
child of seven months screamed with rage because a lemon slipped out of his hand; and at eleven months, if a wrong plaything were given him, he would push it away and beat it.

Astonishment, as distinguished from surprise, furnished Prof. Preyer with interesting observations. He says: "In the twenty-second week, the child was struck with astonishment when his father suddenly appeared and spoke to him while they were riding in a railway carriage. In his sixth and seventh months, the same thing occurred at the sight of a stranger in the room. The child's eyes opened wide, his lower jaw dropped, and his body became motionless. In the eighth and ninth months, these symptoms were still more pronounced, but it was noticed that astonishment was manifested generally at sights and sounds, and not at impressions of taste and smell. The child manifested astonishment at the opening and shutting of a fan (31st week); at the imitation of the voices of animals (34th week); at a strange face (44th week); at a new sound (52d week), and at a lighted lantern seen on awaking (58th week). Along with the gestures described, there was sometimes the sound of "ah," made by involuntary expiration of breath. By the end of the second year these signs of astonishment became more rare, as the child grew more accustomed to strange sense-impressions.

Sympathy as a characteristic of childhood is, during the first few months, so weak as to be almost entirely lacking. The child's life at this time is so full of his own personal needs that he can pay but little attention to those of others; he is as yet unable to comprehend the outward signs of feeling in others, be-

cause of the shortness of his own experience. Sigismund noticed the first signs of sympathy at the end of the first three months, but Tiedemann says his boy, when only two months old, made sympathetic responses when consoled by the usual vocal expressions. Mr. Sully has observed the same thing. Another boy, at six months, drew a melancholy face, with mouth depressed, when his nurse pretended to cry. At seven months, another child manifested decided altruism, and seemed desirous of sharing his pleasures—with the exception of food—with others. In another case a child of eight months cried when some one pretended to whip his nurse, and another child of nearly the same age made a mournful whining noise, accompanied by the facial expression of "crying," on hearing an-

other child cry, and also when a minor chord was struck on the piano. During the second year, sympathy becomes so strongly established that its outward evidences are sometimes seen, even on occasion of the imaginary sufferings of inanimate objects, and pictorial representation of suffering. A child of this age cried when her dolly was "hurt." Sympathy with human beings is, however, usually much stronger than animal sympathy. A child of one year, who returned home after a short absence, took no notice whatever of the cat or dog, but at once recognized his nurse and the other members of the family with pleasure. The strength of human sympathy, and the need of it in the child, are seen in the fact that when he is hurt he rarely cries unless there is some one near at hand to hear



NURSERY HELP AND NOVELTIES.

Laurence's First Sleigh-ride.

WINTER came—snow came, and we suddenly discovered there was no sleigh for little Laurence! Then we set our wits to work, and asked all the relatives and friends to set theirs to work too. You see we were in a little village and did not wish to send miles away for a handsome and expensive sleigh, for the days when it could be used were few and uncertain.

By and by, as the result of much thinking and much research, Great-aunt

Sarah sent the big old sled she had used when a little girl and which was of the strong and massive proportions in which our ancestors delighted. But nine-months-old Laurence could not sit bolt upright on this, so empty boxes of different sizes were brought from attic and woodshed, and at last one was found suitable in depth, and breadth, and thickness, and then it was securely nailed to the sled. We laid down a soft mattress and then the corners were filled in with a bright-red Mexican

blanket whose warm colors laughed the winter's chill to scorn, one end of which was allowed to drape gracefully over the back of the box. Into this inviting nest Baby, arrayed in all his winter's wraps, was tucked, a fur robe put over his lap, and at the last moment some boards which had once formed part of the cover of this queer vehicle were made to do service as a support for back and head, and away went Master Laurence for the jolliest, funniest ride he had yet known in his little life.



On his return his mother, struck by the picturesque effect of the sleigh and its little occupant, prolonged the fresh air getting, and running for pencils and paints made a permanent record of the day's event, and one which in years to come the baby that was may show to grand babies and great grand babies to be.

I enclose the sketch (without the bright colors), and to how many does the box look familiar?

JENNIE TUCKERMAN EDDY.

Canaan, Conn.

How One Baby is Kept Covered at Night.

My baby is a restless, active little fellow, and I had many wakeful nights, trying to keep him covered, till I hit on an experiment that may be use-

ful to some other mother. Our bedroom has no heat except what comes in the door from the entry, so he wears a flannelette nightgown, opened and hemmed both sides all the way down the back, but fastened tightly, as far down as the waist, by flat buttons and button-holes. Over this on cold nights he has a light woolen knit sacque, high neck and long sleeves.

When he is ready to go to bed I lay on the big bed a large baby blanket, made of a square of heavy double-width flannel. Just below the upper hem, and in the middle, I put a width of thick cotton flannel, folded once to make a square. On this I place Baby so that his diaper rests entirely on this cotton flannel, and the top of the blanket covers the sacque behind. I then draw the right side of the blanket across his breast, under both arms, the left over it the same way and secure it just in front of and below the right arm with a safety pin, making sure that it goes through a bit of the nightgown. Another pin is placed half way between the knee and foot, the nightgown having been quite drawn away from behind and only covering the legs and feet in front. I then take my long-tailed mummy, lay him carefully in the crib, where another square of cotton flannel has been placed, and tuck in the long tail of his blanket under the foot of the crib mattress, leaving it a little loose so that he will not feel that he is fastened. I usually change the diaper and the cotton flannel square once in the night; the nightgown is never wet, and the blanket in which he is wrapped and the crib sheet very self-

MARIE GOZZALDI.

Lugano, Switzerland.



THE MOTHERS' PARLIAMENT.

Cultivating the Observing Powers.

—One of the gravest defects in the education of children is the neglect of parents and teachers to cultivate in them the habit of close observation. Such instruction should begin in the nursery.

There is a story told of Agassiz which, whether true or not, illustrates this important idea in education. He was about to choose an assistant from one of his classes, and, as there were a number of candidates for the honor, he selected three of the most promising students and subjected them to the simple test of describing the view from his laboratory window. One said that he saw merely a board fence and a brick pavement; another added a stream of soapy water; the third detected the color of the paint on the fence, noted a green mold or fungus on the bricks, and evidence of blueing in the water, besides other details. It is needless to say that the most observing student secured the coveted position.

There are parents who have not sufficiently cultivated their own powers of observation to note the difference between two lovely vines that make our autumn forests gorgeous with vivid hues. The five-fingered ivy is perfectly harmless, whereas the three-leaved poison vine, which so nearly resembles it, must be avoided. A lad who had never been taught that it is unlikeness which differentiates objects, that classing

things together on account of similitudes leads to error, had his eyes poisoned, and came near losing his sight, because he mistook the poison vine for the harmless ivy on account of their resemblance.

True, all children cannot be taught to be as painstaking as Audubon, who could, at a glance, detect a deficiency in the number of scales in a junction of a partridge's leg, for such accuracy comes by long years of painstaking study, but all children may, at least, learn to distinguish the leaves of different trees, the birds of the air, the flowers of the fields, and other natural objects by which they are surrounded. There are country children born and bred who do not know our native ferns. I once showed some to a little girl. She asked: "But how did you gather these leaves in your hand when they grow so high up in a tree?" "They do not grow on a tree but close to the ground," I replied, "what makes you think they grew on a tree?" In reply she ran into the house for her geography, which she opened, and showed me the fern-like foliage of a palm tree. I know a lad who had never observed the shape of trees outlined against the sky, after the leaves had fallen. His attention being called to it he became a devoted student of what he called "natural sculpture." A child's senses are his instruments for knowing the natural world, and their cultivation can not be neglected with impunity. Many

children with very good ears have, nevertheless, to be taught to hear, or, at least, to distinguish sounds. A country boy said to me: "All birds sing alike, they don't sing nohow, they just whistle." But a little girl I know has a long list of words, and even sentences, which she has heard the birds sing. One not trained from childhood to pay attention to sounds often detects only the coarser and more unmelodious. By means of a little patient effort what a world of unknown melody might be disclosed!

The habit of close observation is sure, in the end, to have a favorable effect upon a child's speech. Too little attention is paid to making exact discriminations in the use of language. Parents are fatally at fault in allowing children to use indiscriminately half a dozen words supposed to express the same thing, whereas, in fact, there are shades of meaning sufficient in degree to give the idea to be expressed a decidedly different color from the one intended. A careless use of language leads to exaggeration and inaccuracies of various kinds and degrees, which react disastrously upon thought. For while it is true that ideas precede words, yet a habit of careless speech fosters inaccurate thinking.

MRS. B. P. DRURY.

Orleans, Ill.

Wise and
Unwise
Punishment.

—It would be well if all perplexed mothers would show the patience and high purpose of that one who writes, in the December number of *BABYHOOD*, on the subject of "tantrums." To such a mother light would doubtless come with further

occasions; and yet the experience of others is always helpful.

In the case described, an appeal to the child's higher nature was made. Possibly such appeals may prove effectual, but if they do not, the mother has no cause for discouragement. The higher nature of such a young boy would probably not be strong enough to preserve him from childish temptations, and the conscience, like the mind, must be developed.

Now, if the "tantrums" continue, punishment is evidently needed, but it is very doubtful whether the boy's own recommendation of spanking should have any weight. That method of correction, being natural and primitive, would easily occur to a little child, but greater wisdom is expected of adults.

The nature of the punishment administered to any child must, of course, depend upon that child's temperament, but the plan of solitary confinement, *unattended by any element of fear*, is very often efficacious, as a cure for various forms of naughtiness. Send the boy to any pleasant, well-lighted room and make him stay there alone as long as may seem advisable. Half an hour may be a long time to a child of six years, but if a boy is indifferent to the correction, a longer time is required. When the child is old enough, it is well to require him to sit up in a certain chair, but the position must not be retained at the cost of his nerves. Some children could sit thus for an hour or more. Others should not be asked to do so for more than fifteen minutes. The wise mother is the best judge in this matter. And no child must be allowed to imagine himself deserted. Let him understand that mother is within hearing distance, and will surely come

at need; also that the length of detention depends upon himself. If the punishment inevitably follows upon the display of ill-temper and rebellion the boy will probably learn to control himself. Should this not be the case, some deprivation could be added to the confinement. But do not dismiss the appeal to your boy's conscience. When he is quiet again and repentant you can feel your way to his heart and to his reason, and in time the higher nature will develop and lend its helping hand to the necessary discipline, and at last render discipline unnecessary.

VIRGINIA YEAMAN REMNITZ.

Madison, N. J.

He was
Proud of
Mamma.

—To those parents who are doubtful whether children ought to be made to obey, I would like to relate the following incident. My husband, most injudiciously, I must confess, once said to our little boy: "I don't believe mamma can make you mind. Can she?"

He spoke in joke, but the child took it in solemn earnest, and instantly realizing that I was accused of what would be a disgrace to me, if true, quickly undertook my defense, with quite a little show of anger. "Mamma *can* make me mind," he said. "She makes me mind better than you! You're not at home all day, so you don't see her. She *can* make me mind, and," he added triumphantly, "sometimes she punishes me!" Could anything be a better proof that a child respects a parent for "making him mind?" The punishments seemed to excite his indignation, yet he referred to them with pride, as a proof that his mother was a sensible woman,

according to his firm belief. Do our children respect us when we weakly show ourselves unable to govern them? My child at six or seven answered for himself, and probably for others also. A.

A French
Three-Year
Old.

—Those readers who understand French may be amused at the following remarks of a

French three-year-old upon the birth of her baby-brother, as reported to me in a recent letter of her mamma's. On the day of his birth, she said: "Oh, comme c'est ennuyeux! Voilà le docteur qui apporte mon petit frère, et ma maman s'est cassé la jambe!" ("Oh how tiresome this is! The doctor brings me a little brother, and my mamma breaks her leg.") This was because her mamma was in bed. The next day she, as her mother expressed it, "boarded" the doctor, and said with a very serious air, "Docteur, je crois que mon petit frère va bien, mais je le trouve très rouge, cet enfant là." ("Doctor, I believe my little brother is doing well, but the child looks to me very red indeed.") A. P. C.

The Choice of
Books for our
Children.

—When Baby arrives education for him begins. He learns he must conform to certain rules of

life laid down for his well-being. Mother regulates his periods for food, rest, and exercise and as time progresses teaches his little feet to perform the duty for which they were intended.

During the next few years the many joys and vicissitudes of babyhood encompass his existence. He surmounts obstacles with more or less success according to his individuality. Soon we

notice that he turns to books for amusement. Pictures he regards with a pleased and wondering eye, at first attracted by the bright hues with which they are colored, then with a desire to know something of the story conveyed to his mind. While being amused in this way much is being revealed to him of the many wonders therein contained, besides increased development of his language. What a wealth of instruction for children lies in the judicious use of narration and illustration!

Many of us realize that now with Baby's first interest in books comes the time to collect such as may amuse as well as instruct him, until he is competent to judge for himself of his necessities in this direction. Mother is the child's educator always, his first and never-ceasing one. The time comes almost before she is aware of it for her little one to seek another instructor as her assistant and he is sent to school. His education here and at home now go hand in hand, complementary and supplementary. How encouraging to have mother interested in his daily tasks, appreciating his difficulties and applauding his successes; now and then smoothing out some knotty problem, removing stumbling blocks, and helping him over the somewhat rough road to knowledge.

What an assistance to him is the proper choice of books, and how much depends upon the wisdom of the selection, as school life progresses. Such as

will please as well as instruct fix in the mind the lesson intended so firmly that time rarely effaces it. How delightfully history may be taught by the story of the times rather than by the memorizing of dry, bare facts. A child more readily grasps the idea and longer retains it. Geography, too, may best be begun by books of travel, so many of which are now written in the juvenile style. Stories having for their bases natural laws of science form lessons easily understood. If at home there is not a library that may furnish books of reference and aids to study, one should be started while our children are very young, adding to it as their needs become apparent or whenever a fitting opportunity presents itself. The classic writers, books dealing with simple and advanced science, history, biography and travels, besides standard authors of fiction, poetry, drama and books of reference—all these may at the present day be purchased at trifling expense, one at a time, or more, as the purse will allow.

Parents are richly rewarded for the trouble and expense of this collection by having at home such a library as will prove invaluable to their children and offer many an hour of relaxation to the tired mother, affording her the means of keeping abreast of the time, as well as making her more companionable for her children as their mental growth progresses.

K. T. P.

Winthrop Highlands, Mass.





BABY'S WARDROBE.

Winter Short Clothes for Baby.

Ordinarily, the shortening of an infant's clothing in the midst of winter is fraught with discomfort and often with danger. The feet and legs, accustomed to the warmth of flannel wraps, are apt to suffer most. The difficulty is, however, capable of a safe and comfortable solution. With care, the change can be made, even in midwinter, without any disturbance of the health. It is, of course, supposed that an infant will never be put into short clothes until his development of muscle and his consequent activity of limb make the change imperative. When the long skirts plainly impede Baby's movements, it is high time to shorten them, no matter what the season. To do this safely in cold weather it is particularly necessary to so dispose the clothing as to secure an equalization of warmth over the whole body, giving a little extra care to the extremities, which are most apt to become cold. Let us see how a little child of from seven to eight months, say, should be dressed.

The first requisite is a soft knitted shirt, of cotton or wool according to taste and opinion; but a knitted garment is always desirable, as being more flexible than one of woven goods. Nice ones can be bought at a reasonable price, and it never pays to make them. Next comes the diaper, and do have it large enough for comfort, and put it on

smoothly, but never tight. Now put on the little home-knit stockings of white Saxony, which are long enough to draw up over the diaper around the knee, and fasten them to it with medium sized safety pins. The three pins in the diaper are the only pins used. These three articles constitute the first layer of clothing.

Next put on a little loose waist, made of a straight piece, buttoning in front and provided with shoulder straps. This will be of fine soft white flannel or sheer linen lawn, according as the little shirt is of cotton or wool, and it may be as dainty as mother's time and skill permit. With a wool shirt, the thin waist will be best; Baby must not be too warm, or he will always be catching cold. The bottom of the waist is faced with fine cambric an inch and a half wide, and on this are sewed six large flat pearl buttons, which meet the buttonholes of the following garment. This is a diaper cover, and must be of flannel. It is absolutely necessary to Baby's comfort. Patterns are sold under the name of "diaper drawers," but they are not drapers in any sense. They are essentially triangular pieces of flannel, the widest side being faced at the top, slightly full in the back, and provided with vertical buttonholes. The two shorter sides are hollowed out midway for the legs, and the point is drawn up to fasten over the large front button

of the waist. A small pearl button also closes the garment at each knee, causing it to completely cover the diaper, which even the most careful mother sometimes finds damp before she expects it, and if damp, cold; unless it is well covered with flannel. It would better be of rather loosely woven white flannel, which will wash better than a thick piece. No trouble will be found in changing the baby, as there are only three buttons to unfasten, when it is again drawn over the fresh napkin. These two garments—waist and diaper cover—constitute the second layer of clothing. Be careful not to make them too small.

Next, put on a soft white all-wool flannel princess skirt reaching to the feet, high in the neck and provided with long plain sleeves. Whether it is to be simple or ornamental, white embroidery silk makes the daintiest finish. Over this comes the plain little white Mother Hubbard slip, which is scarcely more than an apron to cover the rest of Baby's clothes. It should be of thin material, as long as the flannel skirt, finished at the bottom with a plain hem, and fastened all the way down the back with small pearl buttons. The plain sleeves and neck are finished with a fine, narrow edging. These little slips should not be starched, and are very easy to wash and iron. Now put on a bib, if Baby needs one.

The last perplexity is Baby's boot, with short clothes in winter. I maintain that a baby is not properly dressed with an ordinary stocking and a pretty little kid shoe reaching only to the ankle. He will always be cold. The short skirts ordinarily cover and par-

tially protect the knees; but something is needed which will warmly cover the foot and reach well up on the leg. I find nothing on the market, and make my own little boots of thick white eider-down flannel, with the fleece inside. They reach nearly to the knee, are shaped like a stocking, with a seam up the back, and the bottom is a flatiron-shaped piece, which fits in between the upper part of the foot and the heel. The seams are worked over with white silk in feather stitch, and the top is finished in crochet with fine wool. A cord is laced in around the ankle, and ends in little wool balls or tassels; but it must never be drawn tight. These little boots are just warm enough and not too warm. Knitted ones will do in the spring, and dainty little kid ones after warm weather has come and Baby is walking.

On trial this will be found a very simple and comfortable way of dressing a "big" baby. Before closing, perhaps it would be well to mention the number of each article required. Of the little knitted shirts, four will be needed, as two will be required each week. Four pairs of stockings are also needed, and five or six dozen diapers are none too many. The other garments may be fewer in number. Two waists, three diaper covers, two flannel skirts, six white slips, and two pairs of eider-down boots, will be quite sufficient for ordinary wear. As many nice garments for extra occasions—and spare the baby these!—may be added as desired. The cloak for outdoor wear should still be warm and long, and the hood should be thick and soft.

VIOLA FULLER MINER.

Minneapolis, Minn.

Stocking Legs in Place of Underdrawers.

In the midwinter weather of this northern climate, where the thermometer is often below zero, I was greatly perplexed with babies number one, two and three, about underdrawers for the little ones out of long dresses, but still in diapers. Regular underdrawers were continually getting wet and were so much work to change. I used for a while the drawers made in two legs, advertised in *BABYHOOD*, but they were open to the same objections, though in a less degree.

With baby number four a very simple expedient occurred to me, which came as near as possible to solving the problem. I used some little woolen stocking legs under the stockings, reaching from the shoe-tops to the diapers and pinned on to the diapers with the stockings. These, with the diaper properly pinned, formed as perfect a protection as underdrawers, and were not often wet, and were more easily changed.

C. W. R.

Canton, N. Y.

The Stockinet Napkin.

There has not, to my knowledge, been mentioned in this journal one of the latest improvements in infant attire—the stockinet napkin; and as the mothers who read *BABYHOOD* are ever on the alert for some new and good thing, I should like to call the attention to this really excellent innovation on the time-honored linen or cotton flannel.

One of the great knitting companies puts upon the market these napkins ready-made, though the cotton stockinet may be bought by the yard and made up at home. The bought nap-

kins come in sets of two, an outside and an inside square. The outside napkin is double, knit round like an undervest or stocking. The inside smaller square is single. The outer, double napkin has a gore taken out of the center, cut through both thicknesses, which makes a better fit to the body when folded.

I would not recommend getting the ready-made napkins, though the buttonhole finish of the edge is very attractive. The special objection is that they are not cut square. Any mother can see what a vexation this is, for there should be an isosceles triangle when the napkin is folded on its diagonal.

As a fabric, stockinet is very soft. Its other physical properties, however, are the most important, especially its power of absorbing and retaining moisture. This is due to the great porosity of its loose, knit stitch, which is superior to that of any woven fabric. When wet, the stockinet napkin holds the moisture and does not pass it on, as in the case of linen, to saturate the outer clothing. Therefore, the superior cleanliness of the stockinet is apparent. If the skirts run no danger of being wet, the unpleasantness is obviated, for one holding the baby, of having the lap wet or stained.

At night, the little gown will not be saturated, though the child should not be waken from sunset to dawn, and the mattress is safe without a guard. The stockinet, owing to its porosity, is also a warm fabric, compared with woven goods of equal weight. Another advantage of stockinet is that it is very easily washed, stains coming out readily, because, again, of its porosity; moreover, it does not have to be ironed.

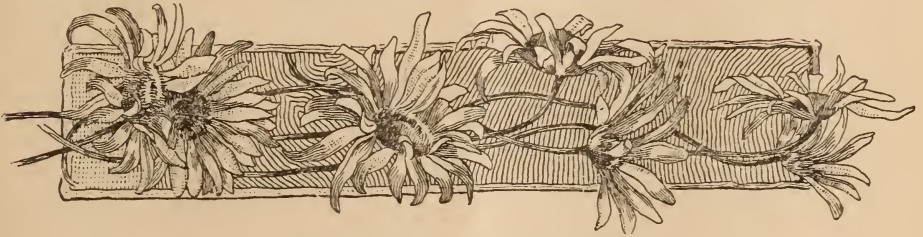
This makes a considerable saving of labor over linen or cotton flannel.

The disadvantages of cotton stockinet must not be evaded. *First*, it is slow to dry, especially in the double napkins. The napkins washed one morning cannot be depended upon for use till the next morning. A larger number must therefore be provided than would be needed if other fabrics were used. *Second*, the pins, after a few months' use, break stitches, and holes appear. I do not think a set of the napkins would be available for use for a second baby. They would certainly be unsightly and present very much the appearance of old rags. Their ultimate destination will probably be the house-cleaning department.

While the baby is in long clothes, I recommend a method of putting on the

napkin which is equally applicable to any fabric. It was suggested to me by the description of a German device for keeping the baby dry. This was a little quilted cotton pad, only wide enough to reach from the groin to the ankles, and pinned around the body, opening in front. Moreover, I have been impressed with the inadvisability of bringing a large wad up between the little thighs, to curve the bones upon, and to separate the knees. So I advise two of these small, single stockinet squares put on in the usual three-cornered way; and then one of the large double napkins folded rectangulary and pinned around like a skirt, open in front. At night two large napkins are used instead of one.

ELIZABETH STOW BROWN, M.D.
Yonkers, N. Y.



NURSERY PROBLEMS.

A Defective Dietary; Arrowroot.

To the Editor of BABYHOOD:

Please criticise or approve the method I have adopted in the feeding of my baby.

He is between seventeen and eighteen months old, weighs twenty-one and three-quarter pounds and measures thirty inches. His meals are three and a half hours apart. When he wakes, he is fed a good-sized slice of bought Graham bread—bought because lighter than any my cook can make—with thirteen tablespoonfuls of milk. I let a quart of Jersey cow's milk stand four hours, then use the top pint. This is brought to the boiling point in a custard-kettle kept for the purpose, to it is added one-half a coffee-cupful of barley water and one-half a teacup-

ful of limewater. It is then bottled and kept in the ice-box, each meal being warmed as needed. His next meal is generally in the neighborhood of eleven o'clock, when he is fed another slice of Graham bread and a medium-sized cup of mutton or chicken broth. His first afternoon meal varies. Sometimes I give him half a slice of Graham bread, seven tablespoonfuls of milk and two tablespoonfuls of rice pudding, taking out the raisins, or two tablespoonfuls of arrowroot and the juice of an orange, omitting the milk. The next meal comes at from 5:30 to 6:30, when he is given the usual quantity of milk and half the usual quantity of bread. He is fed nothing until next forenoon. As he is very pale, my doctor advises one teaspoonful of bovine in each

portion or feeding of milk, and when he was troubled with constipation—he is not now—my physician recommended the use of dry malt instead of sugar for sweetening the milk.

(1) Shall I continue the malt or use sugar, or give the milk without any sweetening?

(2) Now that the weather is cold shall I continue bringing the milk to the boiling-point?

(3) As this is my first baby I am very inexperienced, and shall be much indebted if you will point out the errors in the quantity of food, frequency of feeding or foods chosen. I want to add that I am deeply indebted to your magazine for its wisdom and practical helpfulness to me as a young mother very anxious for the physical welfare of her child.

(4) If you approve of arrowroot please give your recipe for preparing it.

Utica, N. Y.

P.

(1) We note that the child takes in a day only a pint of top milk mixed with about four ounces of barley water and about three ounces of lime water—scant a pint and a half in the mixture. Besides, he has a cup of broth, three and a half slices of Graham bread and rice pudding or arrowroot. Now, the amount of milk given is small—half or less the average quantity. The amount of bread and cereals is a good deal above the average for his age. We do not know what teeth he has and have no clew to tell us if he digests well this amount of starchy food. Nor beyond the statement that he is very pale and that he was formerly constipated, do we know anything about his state of health. Knowing nothing of the reasons why he is given so little milk we can only say that an average child would do better on more milk and less bread and pudding, or if there were reasons for not giving milk he should have more broth or scraped meat. Bovine will do in place of broth.

(2) It may be sterilized at a lower

point—say, 165 degrees to 170 degrees F.

(3) Is answered under No. 1.

(4) Arrowroot is, or rather was, chiefly used as a bland farinaceous food for infants or invalids. We do not think it has, for ordinary cases, any special advantages.

“Water on the Brain.”

To the Editor of BABYHOOD:

A friend to whom I lent my last copy of BABYHOOD has asked me to inquire through your magazine about the following subjects.

(1) What causes water on the brain in little babies?

(2) What symptoms show to the mother that her child has such a disease?

(3) What remedies should be used and what things should be especially guarded against?

(4) Do children ever entirely recover from such a trouble?

A SUBSCRIBER.

Oberlin, Ohio.

(1) “Water on the brain” is a popular, not a scientific phrase. It means an unnatural collection of liquid within the skull. The name therefore is made to apply to several disorders which to the physician are distinct. Ordinarily it applies to the acute or chronic type of *hydrocephalus*. The former is usually a synonym for tubercular meningitis, the cause being the deposit of tubercle on the membranes of the brain. The chronic form depends upon several causes, some known, some in dispute.

(2) The symptoms of the acute form are not such ordinarily as to draw a mother's attention to the real cause. They simulate those of many other disorders, and other disorders are sometimes mistaken for it. Indeed the name “false hydrocephalus” has been applied to head symptoms occurring in debilitating disorders, such as exhausting

types of diarrhoea. It is probable that the symptoms of this kind of "water on the brain" are more likely to be mistaken for malarial fever than for anything else. The chronic form probably would not very much attract the attention of a non-medical person until the size of the head was noticeably increased.

(3) The treatment is entirely outside of domestic medicine.

(4) From the acute, tubercular form it is doubtful if any recover. A few observers, competent to judge between the real disease and its imitations, have thought that they have seen cases survive, but with such crippled mental functions or nervous systems as to make their success regrettable. As a rule the disease is fatal. From the chronic type some cases recover, even without mental impairment.

Trimming Finger and Toe Nails;

Persistent Fasting; Tendency to Colds.

To the Editor of BABYHOOD:

(1) Please inform a most appreciative mother of the proper way of trimming finger and toe nails. Should they be cut straight across or rounded, and why? My little two-year-old boy seems to be getting ingrowing nails on the big toe.

(2) My little boy of two years and four months has the last six weeks taken to fasting. As an example, by dint of persistent persuasion he was induced to take a saucer of oatmeal about 4 P.M., which constituted his only meal for twenty-four hours. He rises at 6:30 A.M., refuses breakfast, but enjoys a saucer of orange juice at about 10, or possibly a small cup of milk; plays about, but does not seem to get hungry. He seems hearty, but is unusually susceptible to taking cold. Several weeks ago he

was quite ill with what our physician termed gastritis, but although recovered, still has no inclination to take food. Can you explain the difficulty? I might add also, that dainties do not tempt him.

(3) Can you give me any hints as to the curing of colds? Both children—one an eight-months-old baby—take cold so easily.

Ohio.

MINISTER'S WIFE.

(1) Cut across. If the corners are taken off, the tendency to ingrowing of the nail is greater, the flesh being then more easily pressed up over the nail.

(2) His fasting is probably wise and due to an instinctive recognition of his stomach disorder, which calls for rest of that organ or to the want of appetite which often attends such ailments. Doubtless your physician knew what he was talking about when he said the child had gastritis. Probably it was of the variety known as catarrhal.

(3) "An ounce of prevention is worth a pound of cure." The tendency to take a cold easily and to keep it as long as possible when taken are one and the same constitutional peculiarity. But by good hygiene as to food, dress, and especially not too high temperature of air and baths, besides every other detail that keeps up good health, a good deal can be done. The prevention of undue perspiration by overheating of rooms or by over exercise is especially desirable and if the children be heated by chance their chilling must be especially avoided. If their stomachs will bear it, the use of cod liver oil all winter will probably benefit them and save you a good deal of trouble.



CURRENT TOPICS.

Protection Against Diphtheria.

THE New York Board of Health has announced a new measure looking to the control and diminution of diphtheria, and circulars have been sent to practicing physicians giving the grounds for the step decided upon and the reasons why it was deemed expedient.

The proposition is to supplement the primary bacteriological examination now made at the beginning of any individual case of the disease, by other cultures repeated during its course and during convalescence. It is hoped in this way to make sure that apparent recovery, and the disappearance of all false membrane is followed by the extermination of all the Loeffler bacilli from the throat. The circular is written by Dr. Hermann M. Biggs, chief inspector of pathology, bacteriology, and disinfection, and is signed by President Wilson with the approval of the board. It is explained that four hundred and five cases of true diphtheria have been subjected to repeated examinations at intervals of three or four days during illness and until the disappearance of the bacilli. It was found that in one hundred and sixty cases the bacilli persisted after the complete separation of the false membrane, or, in other words, after the individual had recovered. Of these one hundred and sixty cases, one hundred and three showed the germ for seven days, thirty-four for twelve days, sixteen for fifteen days, four for three weeks, and three for five weeks, after the exudation had completely disappeared from the upper air passages. The circular infers, thence, that "these results show that in a considerable proportion of cases persons

who have had diphtheria continue to carry the germs of the disease in their throats for many days after all signs and symptoms of the disease have disappeared."

These experiments have led the Health Department to adopt the rule that no person who has suffered from diphtheria shall be considered free from contagion until it has been shown by bacteriological examination, made after the disappearance of the membrane from the throat, that the throat secretions no longer contain the diphtheria bacilli, and that until such examinations have shown such absence all cases in boarding-houses, hotels, and tenement-houses must remain isolated and under observation. Disinfection of the premises therefore will not be performed by the department until examination has shown the absence of the organisms.—*New York Evening Post.*

A Word For Certain Babies.

THE BABY, bathed and powdered and dressed in the finest and daintiest robes which a mother's love and taste can procure, is tucked into its luxurious little carriage and sent out with the nurse for an airing. The nearest park, if the baby live in town, is the selected spot, and thither the nurse trundles her charge, to find other babies and other nurses awaiting her, the babies winking and blinking on their pillows, the nurses cheerfully hobnobbing together or flirting contentedly with the uniformed policemen who stroll in leisurely fashion up and down the walks.

At home the mother is busy with her sewing, or her book, or her correspondence. The baby is off her mind for

the moment, and her hands are free for other duties. Has she not a right to this breathing-spell, and does she not need it, since no hard day's work done by laboring man or woman ever quite equals in strain on vitality and drain on strength the exclusive care for hours upon hours of a little creature whose helplessness and whose preciousness alike lay it as a burden in one's arms and on one's heart?

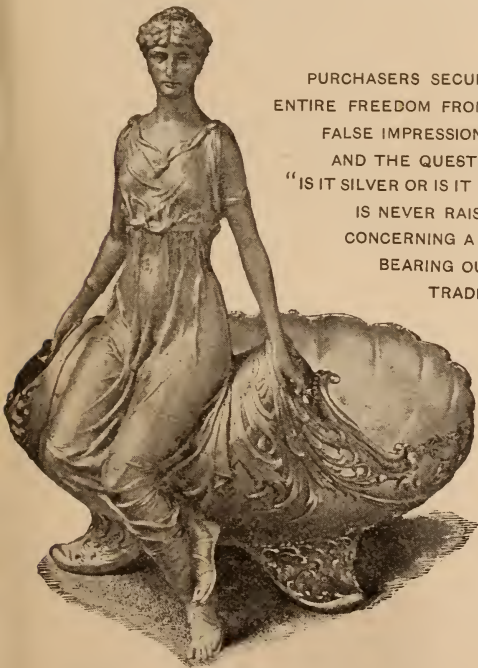
But, dear mother, if she could see her baby in the park as the baby is often seen and pitied by compassionate strangers! The sun beats down on the little face, blindingly pouring its beams in the delicate eyes. It frets and fusses and fidgets, and the nurse bounces and jostles it up and down or allows it to fret undisturbed. If old enough to assert its will and show its temper, the nurse perhaps loses her temper and

asserts her will, and ill-treats the little creature; though, to do justice to the foreign peasant women who usually officiate in our nurseries, they are seldom actively unkind.

But ignorance sometimes works as directly to unfortunate results as does intention. Babies have been mysteriously injured, sometimes have been crippled for life, through falls and bumps received when in the hands of nurses, who never mentioned the upsetting of the little equipage; the frantic rush homeward in the impending shower with the carriage thumping over the stones; the fright from dogs or whooping boys.—*Harper's Bazar*.

Seats in Public Schools.

Manufacturers of seats seem to have comprehended the sanitary necessities of our schools much better than the



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architect or the school board in providing a proper building, in which the scholars are to be seated. Yet at the same time we frequently find defective seats, and scholars compelled to sit on benches too high or too low, and provided with desks out of proportion to the age and size of the scholar; consequently, in the one instance the legs are dangling from the seats and the circulation interfered with and even the nerves pressed upon, both of which are injurious to the development of the muscles of the growing child, aside from the discomfort caused. On the other hand, where the seats are too low the scholars are obliged to sit with their legs in a cramped position, a condition nearly as objectionable as that just described. Again, where the desks are too high, books and slates are not only brought too close to accommodate

the vision, but while writing, it places the body in a position which favors double lateral curvature of the spine. Practically the same criticism may be offered where the desks are too low and the child is compelled to lean over in order to bring the book within the range of vision and take an undesirable position while attempting to write.—*The Popular Health Magazine.*

A Bureau for Trained Nurses.

The Council of the New York Academy of Medicine recently recommended that a committee on the establishment of a Bureau for Trained Nurses should be appointed. Such a committee was authorized, and it is hoped that at a very early date a register for trained nurses, unoccupied and recommended, may always be found in the Academy building, 17 West 43d St., New York.

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Babyhood.

Devoted exclusively to the care of infants and young children, and the general interests of the nursery.

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No. 112.

· SNIFFLES."

BY JOHN H. WALLACE RHEIN, M.D.

*Physician to the St. Clement's Dispensary and to the Charity Hospital,
Philadelphia.*

THERE is no affection more common in infancy, nor is there one which is treated with such little thought and care, as acute coryza, which is another name for "cold in the head" or "sniffles." It is poorly understood by the majority of the laity to what ends this condition may bring one, and my object will have been fully attained should I succeed in making this clear to those who may read these lines.

A cold in itself appears a very slight trouble, indeed, at first sight, and were this all of the matter it could not be considered a mischief-making disease, but it leaves in its wake, unfortunately, a predisposition to repeated attacks, which lead frequently to chronic troubles, so common in the adult, and of which it is so difficult to effect a perfect cure. These conditions will be detailed at greater length in another part of the paper.

Anatomy of the Nose and Ear.

In order to clearly understand the dangers of this affection it will be necessary to know something about the anatomy or construction of the parts adjacent to the nose. In the first place, every one knows that

the nasal cavities are two in number, and are divided one from the other by the nasal septum, a partition which extends from the nasal opening or nostrils to the back part of the nasal cavities. These cavities connect with the pharynx, which is commonly known as the throat, and their main function is to allow the passage of air into the lungs. These cavities are lined with mucous membranes, just like that which is seen within the mouth, but more sensitive and delicate. The ear is composed of three parts, the external ear, the middle ear, and the inner ear, and these are divided from each other by bony and cartilaginous partitions. The external ear is separated from the middle ear by what is familiarly known as the ear drum. The middle ear, a cavity measuring five-twelfths of an inch in depth, that is, from before backward—and at its other diameter about one-quarter of an inch—is filled with air and lined with mucous membrane, which is continuous with that of the pharynx, through a little canal which is termed the Eustachian tube.

It is very apparent from a study of these facts that any inflammation of the mucous membrane of the nose or throat

may easily extend up this tube into the cavity of the middle ear, causing pain and other symptoms, a further description of which will be made in its proper place. It is hardly necessary to describe here the inner ear, as the diseases of this portion of the ear will not be referred to; suffice it to say that it is an organ of wonderfully intricate and delicate mechanism, serving to transform the vibrations imparted to it into sensations which are received by the brain and there interpreted into their true meaning.

Causes of Sniffles.

When we turn to the study of the influences entering into the cause of this affection, we find that the most frequent one is a sudden chilling of the surface of the body, which may be occasioned in various ways, such as insufficient clothing, going from a hot into a cold room, or getting the feet wet. I have known cases where the habit of kicking off the bed clothing has been a fruitful cause in the production of sniffles. How do these influences operate? The surface being chilled, the blood is driven back into the internal parts, inducing there a congestion, which is the first stage of inflammation. The mucous membrane of the nose, being one of the most sensitive internal parts, suffers first.

To these causes above enumerated may be added the too infrequent changing of soiled napkins, and causes of a different character, the putting of bits of paper, of cherry stones, shoe buttons, pebbles and the like, up the nostrils, which cause symptoms resembling cold in the head and which continue until the foreign bodies are removed.

Symptoms.

This affection is generally ushered in

by a slight chill, accompanied by some fever. Immediately the conjunctiva becomes congested and there is an increase in the flow of tears. This is followed by difficulty in breathing through the nostrils and a watery discharge from them. This discharge is irritating and when it flows down upon the skin surrounding the nostrils causes pain, so that the natural tendency is to sniff it back again. In this is found the origin of the name "sniffles."

The difficulty in breathing is one of the first symptoms, and is the result of an anatomical peculiarity of the nasal cavities of the child which has recently been brought to light by Kohts and Lorent, who found that the lateral walls of these cavities are much closer together in childhood than in maturity. The inflammation of the mucous membrane, which is the condition existing in colds, causes the parts to swell, and they have but to enlarge a very little before the avenues are entirely closed. What is the consequence of this occlusion? The breathing must progress through the mouth. This offers no disadvantage until the child attempts to feed, when after a brief effort it falls back gasping for breath. Again another attempt is made and is only successful while the child is able to hold his breath. It will be very readily seen that this condition will exist but a short time before the result of improper nutrition will begin to make its appearance.

In a few days the secretion changes to a yellow color and becomes thick. This may find its way back into the throat, causing coughing and vomiting. We may add to these symptoms, ringing in the ears, dullness of hearing, earache, and if the inflammation should extend up

the Eustachian tubes, which have been above described, into the middle ear, there may be great pain, increased fever, restlessness, and depression, and this condition may end in suppuration with consequent perforation of the ear drum, and a discharge of pus externally. The symptoms of a simple cold usually last a week to ten days and then end in recovery—but there is left behind a tendency to “catch cold” easily.

Results of Improper Care of Colds.

If the acute cold is not properly treated, and is allowed to continue for weeks, or if the child takes cold frequently as a result of improper hygiene, then follow what are known as subacute and chronic conditions, and it is these which are so often the wreckers of the comfort and happiness in the future life of the infant. What are the evil consequences? The mucous membrane, on account of the frequency of the inflammatory condition, becomes chronically thickened and swollen, and there results a permanent difficulty in breathing. Besides the obstruction thus occasioned may be mentioned that caused by enlargement of the bones of the nose, and the presence of polypi, which are excrescences from the mucous membrane. Nor are these by any means all of the serious results. The mucous membrane of the Eustachian tube becoming congested, and swollen, closes this canal and thus prevents air from passing into the ear, the presence there of which is an absolute necessity to perfect hearing. Or the trouble may extend into the ear, causing thickening and stiffness of the fine mechanism of hearing, with resulting permanent impairment of hearing.

I will but briefly refer to that incurable affection, a result of repeated ill-

treated attacks of coryza, namely, acute atrophic rhinitis. This is a condition in which the normal glands and membranes of the nose atrophy and waste away, the worst feature being that it is impossible that they can ever be replaced. The symptoms of this disorder are unpleasant odor, loss of sense of smell, and a dry, scaly discharge.

Treatment.

Ziemsen says, in a work on this subject, “Many physicians regard a subacute or chronic nasal catarrh of a child as an ailment that is neither worthy of nor amenable to treatment.” Physicians I am sure have long ago become cognizant of the due consequences which may follow this simple affection, and it is my hope to impress it here, upon the minds of mothers, who have it in their power to save their little ones from these untoward results of what appears to them an unimportant disease.

It is obvious, in the first place, that it is of greatest importance to use every effort to *prevent* taking cold. The first injunction is, that wool should be worn next to the skin. This is the material which best permits the normal functions of the skin to progress. The same thickness of underwear should be used the year around, the change in protection being made in the external apparel. The head covering should be light and well ventilated, so as to allow the escape of heat. Cold baths should be taken every morning in a warm room and the skin should be rubbed until ruddy and warm. Sudden exposure to cold should be avoided, and the child should never lie in the way of a draught.

Let us now study the treatment of

the disease itself. The cardinal principle is cleanliness. Keep the nasal cavities clear, and do not allow the secretions to accumulate around the nostrils. The cavities should be sprayed out three or four times a day with bland antiseptic solutions. The simplest of these is one of common salt, which is not only cleansing but soothing to the mucous membrane. The best solution, however, is a combination of listerine, borax, glycerine and water. Solutions of tannin, sulphate of zinc or nitrate of silver should be reserved for the sub-acute affection.

The difficulty in feeding must be at once combated by spoon-feeding, which must be done regularly, for it is impossible in any other way for a child at the breast to receive proper nourish-

ment. The temperature of the room should be about 70 to 75 degrees, and fluctuation from these temperatures should be avoided. A dose of castor oil at the onset of an attack often lessens its severity and has a beneficial influence on the course of the disease, especially if there be any tendency toward constipation. For the chronic affection other more powerful means must be used, and these should be left to the skill of the physician.

In conclusion, let me again emphasize the vast importance that such conditions as I have above described be treated in their incipency, since not only are they so much more amenable to treatment then, but the unpleasant and pernicious consequences may be more easily avoided.



SOME OF THE EARLY SYMPTOMS OF CHRONIC DISEASES IN CHILDREN.

BY C. W. SMITH, M. D., SELMA, IND.

BY CHRONIC diseases are meant those, whether in children or adults, which are insidious and stealthy in their approach and onset; which are, in their early stages, unattended by active or alarming symptoms; which pursue, generally, with varying degrees of activity, a continuous course, and which result, ultimately, unless arrested by conditions unfavorable to their progress, in destruction of the tissues in

which they are primarily located or in the death of the patient. This definition does not apply to chronic forms of acute diseases, but to diseases which are essentially chronic, and with which most persons are, in a manner, familiar, especially as viewed from their ultimate manifestations, when they have completed their destruction.

The initial stages and early symptoms of these diseases are generally overlooked

and unheeded, often indeed until alarming deformity or fatal destruction of tissues arouses the parents to a sense of the situation. Only then do they seek medical assistance, which, if given early, might have availed much, but which, given late, can only promise, at most, to arrest the onward march of the disease and partially repair the destruction that has been wrought. A little knowledge of, and attention, on the part of parents, to some of the laws of heredity and transmission of disease, would explain to them many of the obscure symptoms of beginning chronic diseases, and of some acute diseases as well. While no authorities teach that diseases generally are directly transmitted from parent to child, all do teach that disease tendencies are transmitted; that the family history is of the first importance in studying the diseases of sick children, and in interpreting the meaning of existing symptoms; that the child inherits just such an organization as renders him least able to withstand the encroachments of the diseases which carried away his ancestors, either immediate or more remote; and that in order to bridge him over the periods of greatest liability to the diseases peculiar to his family the parent must be ever on the alert, and constantly keep the little body of the child fortified to a condition of resistance against this morbid legacy forced upon him against his will. Transmitted diseases and disease tendencies do not always assume the same forms; in fact this constitutes one of the most intricate and elaborate questions in medical thought, and one by no means fully worked out.

The consumption of a parent or of an uncle or aunt may manifest itself in the child in enlarged glands, scrofula, hip-

joint disease, meningitis (a form of brain fever), in morbid conditions of the functions of digestion and assimilation, or in mischief in the lungs themselves. Any and all of these conditions begin or are attended with languor, loss of appetite, drooping, loss of flesh, pallor, and special symptoms traceable to the seat of the disorder in each particular case.

Continued trouble with the digestive organs should not be allowed to go on indefinitely, palliated with domestic and unavailing remedies, under the impression that when teething is completed all will be well; it may forebode fatal tuberculosis of the bowels. Teething, it is true, does cause some disturbance of digestion, but when such disturbance is persistent other causes should be sought. Likewise, repeated and continued enlargements of the glands of the neck should not be allowed to remain untreated, the mind being deceived by the thought that cold has caused the difficulty; the result may be abscess and ulcerations that only heal after many months of debility and annoyance, leaving tender and unsightly scars that last while life lasts.

Frequent complaint of pains in the hip or thigh, or in the knees, especially on the inner surface of the knees, often thought to be legache, rheumatism, or necessary growing pains, may for a long time be the only guides to destructive hip-joint disease, resulting in permanent deformity, after a long season of illness. The clinical thermometer, it is true, would show, in these cases, a slight elevation of temperature, and a close observer might notice a little irregularity and clumsiness in the walk, and thus sooner interpret the true nature of the trouble. So, too, pain and ten-

derness over the bones forming the spinal column, and pains extending through, as it were, to the chest and abdomen, or pains over the long bone of the leg (the shin bone), if continued, attended with loss of appetite, and loss of flesh, pallor, drooping, and slight fever, should always awaken grave apprehensions; for what to the fond parent is sadder than the child on crutches, with a diseased hip, or shortened and distorted leg, or a deformed back-bone. Diabetes is another disease that is often thought to be a manifestation of inherited consumptive tendencies. It is ushered in by symptoms of great thirst, frequent desire to urinate in large quantities, capricious appetite, weakness, and loss of flesh and strength.

It has been stated that, "In all obscure affections of a tubercular or scrofulous nature, whether in the lungs, bronchial glands, abdomen or brain, a preliminary deterioration (falling off in nutrition and weight) before pronounced symptoms have appeared, often constitutes a point of capital importance in the diagnosis." The rheumatism or gout of a parent may exhibit itself in the offspring in rheumatism, growing pains (so called), heart disease, various forms of sore throat, chorea (St. Vitus' dance), asthma, and certain familiar forms of skin disease, as psoriasis and eczema. These different forms of disease may replace one another in the history of a person at different periods of life or in different members of the same family; but in general they follow an inherited tendency, by which, usually, they are easily and definitely accounted for.

A third group of hereditary disease manifestations are called the neuroses, seen at one time or in one member of a family as insanity, in others as hyste-

ria, epilepsy, very great excitability, severe headaches, neuralgias, and—some go so far as to say—in crime, alcoholism and pauperism, in the sense that a child comes into the world with inherited proclivities to evil courses, which take the place of more definitely recognized forms of nervous disease.

Sleep - walking and sleep - talking, choking, smothering, violent outbursts of passion without apparent cause, showing themselves in a child from time to time (or a part of them, for all of them may never appear in any one child)—all these should arouse the apprehensions of its parents and induce them to seek for the more serious condition, epilepsy. Many children have convulsions from even slight causes, as indigestion, the presence of worms in the alimentary canal, high fever, etc., without any tendency to epilepsy, the seizures of which come on unprovoked, and are often so slight as to be unnoticed; "passing the urine in bed may be the only available sign of an epileptic fit, occurring during the night."

If a child seems strong and healthy, it is never desirable that it be precocious in the exercise of any function or faculty, but an inability to walk at eighteen or twenty months, in the absence of paralysis, joint disease, or any obvious local defects in the limbs, should arouse fears of mental defect, unless indeed, the child be suffering with what medical men call rickets. This is a constitutional disease, occurring in the first years of life, attended with feeble digestion, defective assimilation of food, great fretfulness when awake, and restlessness when asleep, profuse sweating about the head and neck, general tenderness over the body, and retarded and imperfect development of the bony

framework, including the teeth. The child with rickets will have a capricious appetite, his abdomen will be unduly distended, and the small openings on the top of his skull will be tardy in closing, remaining as "soft spots" and unclosed for two, three or four years, whereas they should close, the anterior one in fifteen to twenty months and the posterior in four to five months after birth.

This array of symptoms, when observed, should direct attention to the fact of either a bad inheritance or very bad nutrition caused by unhygienic surroundings or improper feeding, and if taken in season the results in many cases are neither fatal nor unfavorable, considering the bad start that has been made, and the obvious difficulties to be overcome.

In the management of children with reference to the diseases to which they are especially liable, either by age or by inheritance, extremes of alarm and indifference are equally reprehensible. Duty does not demand the attention of the physician for every indisposition of which the child makes complaint, either by words or by signs, for the equilibrium of a child's system is easily disturbed, often by trivial causes; but when illness, though seemingly slight, is persistent and continued, a diligent surveillance should be maintained, to intercept, if possible, the early approach of any of the chronic diseases which beset the pathway of childhood. And when discovered, an equally diligent application should be made of the helps and remedies that science has to offer, at a time when they will most avail.



HIS MAJESTY IN THE CARRIAGE.

BY BESSIE ROYCE SPRING.

ALL THAT has been written about the carriage, its beauty and its fitness, is merely the prologue to that which far exceeds it in importance, the baby occupant himself — "His Majesty."

The question of a young baby's airing is not as simple a matter as it seems at first, but is one involving many perplexities, and concerning which there is a vast amount of ignorance, even among those who are wise in other ways. A question often asked by young mothers is, "At what age should the baby be taken outdoors?" The answer to this

must be as varied as the degrees of latitude, or the seasons of the year, both of which should be considered in giving an answer. In the mild climate of the far south a baby two months old or younger can be safely taken outdoors in the fall, spring and summer, or even during a great part of the winter; but as we travel farther north greater caution must be observed. In a northern climate a child born in the fall or winter can rarely be safely taken out before the return of mild weather; but a spring or summer baby can be taken out with advantage after it is a

few weeks old, provided its eyes are strong enough to bear the outdoor light, and are carefully protected from the direct rays of the sun. Until the baby is at least three months old he should not be placed in the carriage when taken out, but carried in the nurse's arms, for the sake of greater ease of motion, warmth, and the opportunity for constant care of his welfare. After that age he may be laid in the carriage, made comfortable by cushions, suitably covered, according to the temperature, and properly shaded by the parasol. The child should always be dressed comfortably, but not overheated, especially if the weather be warm; babies are not salamanders, though often treated as such. It is a wise precaution, especially if the baby is to be out an hour or more, to place an extra wrap of some kind in the carriage, to supplement what is worn, in case of a sudden drop of the mercury, an unexpected fresh breeze, or some other emergency.

After the baby can sit alone quite well, *but not before*, he may be allowed to sit up in the carriage when taking his airing, always making sure that his back is well supported by a pillow. Mothers should remember that it is a greater strain on a baby's back to sit in a carriage in motion than to sit quietly on the nursery floor. This is true even when the carriage is smoothly and skillfully run; but when it is jolted and bounced along under the management of a careless nurse the danger to the little occupant is only too apparent.

Surely, one may say, there is no need to say anything about the strap that is meant to keep a baby from falling out; any fool would know how to fasten

that, and perhaps even a wise man would not go far wrong with it. To fasten the strap is easy enough, and should always be done, but after the child grows old enough to be restless it is of little avail in restraining his antics. Constant watchfulness, and perhaps one of the new patent straps sold for the purpose, are the only safeguards. These patent straps hold the child in such a way as to make it almost impossible for him to tumble out, and are very good, provided the baby himself does not resent their interference too strongly.

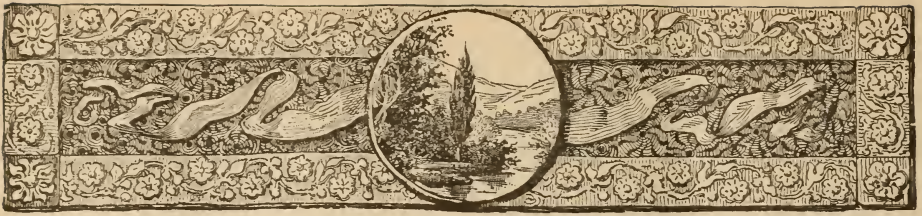
With patent adjustments which admit of the parasol being raised, lowered, tilted backward or forward, or turned first to one side and then to the other, as the direction of the sun's rays, the force of the wind, or the age and condition of the child may require, it is yet very uncommon to see a parasol in any other position than directly over the baby's head. Note the baby carriages you may meet on any day of the year and you will also note this unvarying position of the parasol, though the sun may be shining directly on the face of a sleeping baby, or blinding the open eyes of a waking one, or a chilling wind may be playing havoc with a baby's tender throat and lungs. Still the attendant never dreams of tilting the parasol so as to make it afford a screen for her charge. If a parasol were properly managed it would seldom happen that it did not require readjustment at least two or three times during an hour's airing. Practically this never happens unless a baby is so peculiarly fortunate as to have for his attendant during his outing a wise and intelligent mother, observant, with the keenness which love supplies, of every circumstance which

affects his comfort. Her deft hand, guided by her quick eye, propels the carriage smoothly along without bump or jolt, and the parasol is shifted first in one direction and then in another as sun or wind compels, and the baby occupant rides on in comfort and safety, guarded by mother love and care. This is a rare picture, however, the more common one being the trim young nursemaid, full of gossip with her kind, propelling the carriage sometimes swiftly, sometimes at snail's pace, always somewhat at random, with thoughts and eyes seldom fixed on her infant charge. Happy is the child whose nurse is no worse than this, as she might easily be, and not unfrequently is; but yet what a long way such easy indifference is from real care. Mothers, strange to say, learn to tolerate such attendants for their children, sometimes through inability to procure better, sometimes because they are too busy or too indolent to effect a reform, sometimes because they are really ignorant of how their children are cared for out of their sight. A carefully planned walk which would bring the mother suddenly face to face with her baby's carriage might sometimes be full of surprises for both mother and nurse.

While it is true that a child cannot have too much fresh air it is also equally true that the method of obtaining it may be so unwise that the evil results following more than counterbalance the good. In summer the fresh air question takes care of itself pretty well, but in winter its proper handling is one which ought to perplex even the wisest at

times; as a matter of fact it seems to perplex very few. As a rule, babies under five or six months of age are far better indoors during the winter, unless on some rarely fine day when the air is full of sun, and there is no wind. Children over six months, if strong and free from catarrhal affections or colds, may safely go out for one airing a day—morning preferred, even if the thermometer is down to freezing or lower, provided there is *little or no wind*. A cold, strong wind is one of the worst enemies which tender young children have to encounter, and is always to be avoided. If for any reason a child should be obliged to be out in a cold wind, some of the evil results may be averted by keeping his back toward it rather than his face. Colds, catarrh and sometimes croup are among the evils which may follow undue exposure to wind. Babies are often guilty of keeping their mouths slightly open, and this habit, when practiced in the open air, invites the ill results which may follow a ride in the wind. The cold air enters the throat and chest unwarmed by its passage through the nostrils, as nature meant it should be, and even an unscientific person might safely predict that the result would be bad. Besides the windy day, there is another kind which is unfriendly to Baby's welfare, and that is the "gray day," full of fog and damp. This is not greatly to be dreaded, however, as it is so forbidding in appearance as to speak for itself, and to warn even the enthusiastic young mothers of "first babies" that they would better keep their darlings safely at home.





“INTERESTING THE LITTLE ONES.”

BY CLIFTON S. WADY.

IN BABYHOOD for September appeared an article on this subject, and the comments it called forth from some readers lead me to write further in the same line.

The criticism referred to was to the effect that most people had not the time (even if the ability) to devote to the preparation of such “letters” as were recommended. True, perhaps, and if so isn’t there a hint here for publishers of juvenile literature? I will make my suggestion clearer by a few practical examples.

The form of presentation might be that of the calendars now so prettily gotten up—a set of decorated sheets fastened together and suspended by ribbon (see figure 1), the blank spaces to be filled by reading matter. Dates should be omitted, so that the set may serve for an indefinite length of time. There might be one sheet for each day of the year, to be read and turned over daily, thus periodically furnishing fresh material for a brief lesson to the children, in many directions and in an interesting form. That is the important part accomplished: a brief lesson pleasantly and thoroughly impressed.

The example numbered 2 would be appropriate matter for the space left blank in No. 1 and inculcates the principle of kindness to birds. No. 3 is

information conveyed to the childish mind in a manner to interest it, and



Fig. 1.

No. 4 is a story with a moral—but with the moral not so prominent as to be “preachy.”

offer these few examples as indicating the different branches of thought which may be covered by such a set of "Instruction Cards" or lessons, hoping that some publisher may accept the idea and issue a publication after this kind. Parents who wish to interest the little ones may find food for thought here, in their endeavor to gain the attention of children—the prime object of instructors, for if we can interest the mind, large or small, in a given subject, Nature's mental phenomena will do the rest.

LETTER I.



Fig. 2.

of the little birds which we see so often perched on a telegraph line along the road or street. It would help you remember what an unkind thing it is, if you could examine one of the beautiful feathered songsters. If you could hold one in your own tiny hand and feel its heart beat fast with fear, and see how wildly it flutters to get away, and how soft its feathers were, and how easily it can be hurt, you would not so soon forget.

You have seen canary birds? Except in color all the wild birds are as pretty and tender, and now won't you promise never to throw a stone at one again, or let another do so if you can help it? Just think how you would feel perched on the clothes-line with giants a hundred times bigger than yourself throwing huge stones at you. That's just the way it seems to the birds, I am sure.

LETTER II.

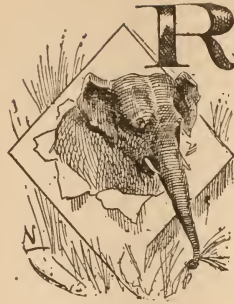


Fig. 3.

EALLY, little one, what would you do without hands! You would be very helpless indeed; but you say, "The animals don't have hands—my pussy hasn't any." Not hands like yours, perhaps, but those she has answer her purpose as well.

You may often see her wash her face with her paws—these are her hands—and she can take hold of the top rail of a fence and climb over with greater ease than you, and much quicker, too! Then she uses her mouth also. Have you not seen her carry the little kitties from one place to another? She always does this when she is afraid some one will take her soft little children away from her.

And what does the great elephant do for hands and paws? He has something to take their place, what is it? Have you ever seen him eat grass or hay? Then you know he has an odd kind of hand which we call a trunk. With this he can reach about to take up anything he wants, as it has a sort of finger at the end, and through it he drinks and eats as well. When he bathes he draws up a large "mouthful" of water and then, reaching up with his trunk, throws it all over him as if his trunk had been a garden hose! He likes peanuts, too, and will feel in a little boy's pockets after them, if he has seen him eating any, and can reach so far with his trunk. The elephant is quite tame and gentle when well treated, but never forgets any one who hurts him.

LETTER III.



Fig. 4.

asked a little boy this same question once and he replied, "No, but Margie says I

OME TIME ago—it was in the summer because I remember Waldo was barefooted—a little boy living in the same village with me had an adventure. Do you ever have "adventures?" I

snore." It seems he thought "adventures" were dreams!

But I must go on and tell you what happened to him on this bright summer day. He had been out in the pastures after blueberries, and was walking along the middle of the road, kicking the warm dust with his bare feet and perhaps thinking how proud his mother would be when she knew he had picked two whole quarts all "his own self." Suddenly a great noise seemed to rise out of the ground behind him, and before he knew what it was all about a horse without a carriage came racing round the corner. Waldo was frightened, you may believe, and dropping his pail ran with all his might for the fence which he climbed to the top very quickly. Scarcely had he done so when the horse went out of sight around the next

corner of the road. Waldo had forgotten everything till now but his fear of being run over, when he remembered his blueberries. They were scattered about the road in every direction and the pail had a great dent in it where the horse had kicked it. Waldo cried. Perhaps you wouldn't have done so, but he did, he felt so badly about what his mother might think. Just then the owner of the horse came along and got him to stay with his wagon while he went on and caught his horse. Afterward he came back and gave Waldo a three-quart pailful of berries which he had brought with others in his wagon for market. He was glad to do it, because Waldo helped him. So the little boy ran home as fast as his big pail would let him, and ate berries and milk for supper.



OBEDIENCE MADE EASY.

BY ONE WHO FOUND IT SO.

WHEN I first had little children I found it very difficult to reconcile theory with necessity. My theory that there is no reason why one individual should render instantaneous and unquestioning obedience to any other individual amounts to a principle. On the other hand I recognized as a necessity that a little ignorant child must obey, at least to the extent of being guided by a wiser power. Also that I—the mother—stood for that wiser power. This was the problem, but how was I to solve it?

It must be confessed that between my first-born and myself there were some unhappy hours. He was a new experience to me and though loved as a sweet first

baby must needs be, the new experience was sometimes trying. I was then in feeble health, broken down nervously; he was nervous, sensitive, high-strung.

I began in the good old-fashioned way: the child must obey, and obey *me*, because I was his mother. Well, there were tugs and spansks and cries—resulting in nervous exhaustion both for him and for me: and the result was *nil*. It seems to me now that it took me a long time to learn, and to put into practice, a natural law which I understood theoretically long before I was a mother. At last, however, I discovered a way to respect my children's individuality and yet teach them to conform to my superior judgment. I have five

"new experiences" now; each one has proved a separate psychological study, and the words, "obedience," "obey," "mind," are never heard in the house—except when I forget myself.

First of all I went through a little process of self-training. I remembered how all my childish soul had revolted against the little words, "obey" and "mind," and the processes involved. I determined to eliminate the words and as nearly as possible the processes. I believe now, as I did then, that the demand of parents for unquestioning obedience is prompted by unconscious tyranny and unsuspected pride. I did not succeed in a day nor in a month and even now I forget and relapse—but never for more than an instant. I watched myself carefully, in the endeavor to train myself never to make an unreasonable or arbitrary demand; never to insist upon obedience as though it were a virtue in itself to which all else should be sacrificed; never because having said "no," I must stick to it. If I found I had said "no," or "yes," without understanding all the grounds for a consent or refusal, I changed my mind openly. I said to my little child, as I would have said to an adult: "I did not understand, or I should not have refused." In other words, no and yes were given for good reason, not for caprice. Moreover, as it is not pleasant to be proved too frequently in the wrong, I soon learned to inquire into the matter *before* giving a decision—not afterward.

I consider it a pernicious course, both for mother and child, that of insisting upon obedience arbitrarily: merely because the mother, having issued a *fiat*, feels called upon to enforce it.

The mother sticks to her point—

because she has made it; the child yields for the same reason, which is no reason: in their hearts both recognize the injustice and the child is not guided by a wisdom to which he bows, but overpowered by a material force against which he rebels, even while he submits. Beyond this I tried to make obedience pleasant: and it can be made so almost always when one has once learned how. How willingly a child gives up a coveted pleasure when persuaded that the mother who denies at the same time sympathizes. Nothing rankles like injustice: and a child's sense of justice is as keen as an adult's ought to be and is, until dulled by contact with the world, more or less unjust.

Above all I tried to make obedience follow natural laws and this is the secret of my success. I never said: "You must mind me because I'm your mother and I tell you to do thus and so." Instead, I tried to make the children see a reason for my commands, or rather requests; because a request is pleasanter than a command at all times, and if we mothers are queens, our requests ought to bear the weight of commands, and royally. In moments when no explanation could be given, the plan worked well; the habit of obedience had been formed; also the habit of trusting the wiser power. Obedience was rendered so simply and lovingly that the children never even knew it was obedience—the bugbear and stumbling-block of most households.

It is not difficult to obey when the command runs thus:

"Johnnie, will you do mamma a favor?" "Tommy, would you mind posting a letter for me?" "Children, it's time for lessons, isn't it? What a

pity it would be to miss them all to-morrow." Or: "You know if you conquer this tiresome grammar, by and by you'll be able to read lovely fairy tales in the original; wouldn't that be nice?"

Last of all, I strove to accord to my children, as far as is possible to young and ignorant creatures, the liberty I so dearly love myself—the liberty which is the natural birthright of mankind. Where no principle is involved I have learned to let them choose: where a principle is involved I point it out; and even then I say: "Now you know the right and you know the wrong; you must take your choice; I cannot be your conscience for you."

Never, to my recollection, have they failed to choose the right, when they have understood it. This, of course, with the older ones; with the little ones the principle is the same, only adapted to their lesser powers of reasoning; and children reason long before they can tell you so.

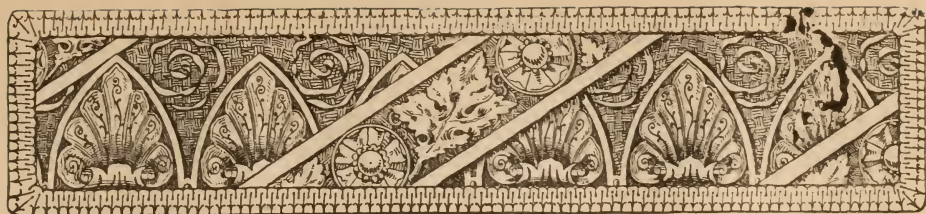
Now for a summing up. By nature, my children are no better and no worse than those brought up under the old, arbitrary system. They inherit, in common with others of the great human family, good and evil tendencies. All education is merely an effort to cultivate the wheat until it chokes the tares: and to do this it is necessary to give best attention to the wheat, from which we hope for a good crop, and as little as possible to the tares, which we could wish exterminated. The old arbitrary system spent so much time pulling up the tares,

which throve by continuous tilling, that the wheat suffered by pure neglect.

I have tried to give my sole attention to the wheat. There has never been an act of flagrant disobedience in my family since I stopped insisting upon obedience as a virtue. The children render the obedience which springs from habit and trust. There is less quarreling among them than among any children I have ever known. This, I am convinced, is because they respect each other's liberty and rights even as they are accustomed to have their own respected. With all the liberty accorded them, I have never known it abused. They ask permission with regard to any new point: and when called upon to settle questions for themselves, as all children must often be, it is my reward that they do not say: "I must ask my mother;" but: "Oh, yes, I know mamma would let me;" or: "Oh no, I know mamma would not like me to do that." In such cases their judgment has never failed. I have always been able to say: "You were quite right." Yet they are all very young children still. Let it not be thought that I am claiming credit for my system. I am simply recommending the recognition and practice of certain natural laws. A little child no more loves to be ordered about than a grown man or woman and as rightly resents it.

As a last word let me say that my children have taught me far more than I have ever been able to teach them. I acknowledge myself heavily in their debt. Best of all, I and they are very good friends.





SEVEN DAINTY DINNERS ALLOWABLE FOR THE NURSERY AFTER TWO YEARS AND A HALF.

THAT a little food thoroughly digested is far better than much that is half digested is a generally accepted fact. It is usually conceded that in all cases of illness success in treatment depends very largely upon the trouble taken in the combination and preparation of such foods as are given, with the consequent result of as varied a diet as the necessary limitations will allow.

In health it is equally incumbent upon the mother to take this care, in order to prevent disorders of the stomach and of the intestinal tract—ailments which are too frequently met with in these days of enlightened motherhood. The following menus have been carefully considered, and are given with the view of assisting mothers who have no time to study the question of food in its chemical relation to the body. The amounts given must vary in accordance with the age and the condition of the child, not allowing one article of food to predominate. The general rule and safest guide to follow is little meat and sugar—completing the quantity required for each meal with the broths vegetables and fruits indicated.

The vegetables specified can be interchanged according to the season.

I.

Beef broth with vermicelli; bran or whole-meal bread, and the best butter obtainable; lightly broiled lamb chop,

minced and seasoned with salt; spinach boiled tender and mashed through a purée sieve, served plain with cream or in broth; baked potato with salt; orange tapioca for desert. Fruit juices, of which more will be said, may be used freely as a drink.

II.

Chicken broth with rice; broiled tenderloin steak with salt, no butter; spaghetti plain; brown bread with butter; asparagus tips with cream sauce or stewed celery; cup custard for dessert.

III.

Mutton broth; the white meat of chicken cut into very small pieces; potatoes stewed in milk; cauliflower, or spinach; bread and butter; orange float for dessert.

IV.

Beef tea; stewed squab; boiled rice; bread and butter; Bermuda onions, stewed very soft in milk; junket with egg for dessert.

V.

Onion soup made with milk; roast beef rare and minced; boiled spaghetti with dish gravy; spinach or stewed celery; bread and butter; rice pudding for dessert.

VI.

Strained vegetable soup; stewed lamb, rejecting all fat; mashed potatoes; spinach, or stewed tomatoes, the latter strained and thickened with barley flour

or stale bread crumbs; bread and butter; junket made with essence of pepsin for dessert.

VII.

Beef broth; boiled or broiled fish, with or without egg sauce; boiled maccaroni with milk; boiled asparagus tips; stewed celery or Bermuda onions; gelatine with whipped cream for dessert.

The above-mentioned dinners may be easily prepared by any one understanding the principles of cooking, if care will be given to the dainty preparation of the articles called for, using scrupulous cleanliness—one of the most important factors in nursery cooking. Broths must be well skimmed *after cooling*. If made hurriedly—as happens occasionally from necessity—it is a very simple matter to cool the broth sufficiently for skimming by adding ice or ice water, not forgetting to reheat to the boiling point, unless positive of the absolute purity of the ice water used. Fat is permissible only for a child when in the form of cream-food, butter, olive oil, cod liver oil, etc., as called for by special conditions, not in the form of floating particles of *grease* upon the top of poorly made soups.

Season carefully *during* the process of cooking. Things are tasteless and

insipid if not seasoned at the proper time, and a child's palate is as sensitive as that of the trained adult—even more so in some respects.

Macaroni and spaghetti should be more relied upon than potato; children's diet is usually too one-sided—too much fat, starch and sugar and too little protein. Macaroni owes its high nutritive qualities to the gluten it contains. In boiling it, the salted water must continue boiling while the macaroni is dropped into it, piece by piece, thus preventing the pastiness often met with when cooked improperly. When tender, drain and simmer in hot milk for half an hour, using care to add enough milk to keep the macaroni soft, seasoning the hot milk also with salt. In making junket with egg add one egg, beaten to a froth, to half a pint of sweetened milk, before using the essence of pepsin (Fairchild's).

There are numberless ways of varying the diet of the nursery in a perfectly simple and wholesome manner, and the thoughtful mother will feel amply repaid for her extra care by seeing the pleasure as well as by knowing the comfort she is bestowing daily upon her little ones.

Louise E. Hogan.





BEDTIME TALKS FOR LITTLE PEOPLE.

BY EMMA J. GRAY.

BY experience, as also by observation, I am satisfied that the children who most readily fell asleep are the ones to whom the least bedtime talking is given. The habit of telling them a story every night is wrong, unless those in charge are willing to place themselves under the bondage that even wee children will demand. Story-loving children—and what children are not—are unhappy if for any reason the expected story is even for a single time missed. Therefore the wisdom of varying bedtime talking, or sometimes omitting it altogether.

A skilled child's nurse was overheard saying in response to the question: "Does it take Margaret long to get to sleep?"—"No, because after she is undressed and in bed I pay no apparent attention to her. I lower the lights and treat her questions as though I was deaf. Why, Margaret would play half the night if I would talk to her." The result was, that this same fun-loving Margaret was the pet of a large household. A better-natured three-year-old child it would be impossible to find, and it was also noticed that she was originally an ill-natured child, having inherited a disagreeable disposition which her hours of rest and sleep alone controlled.

Children may be talked to when they are being undressed, but when that process is finished, the story should be

finished also. Kindness to yourself in this particular is really kindness to children. Of course, send them to bed happy, but when they are tucked comfortably in, say good-night. If another story is then asked for, tell them to "wait until to-morrow," and do not spoil good management, no matter how clever the coaxing, by changing your mind, "just for this once." Rest assured the "just this once" will then have to be repeated indefinitely. Some mothers may think, "I could not be so severe, my children are almost babies, and they are so gentle, loving and sweet. I could not deny them the reasonable request of one story after putting them in bed." Mother, would you like these babies to continue gentle, loving, and sweet? Then be wise in time.

During the undressing period, talking should be as far as possible from exciting children's nerves, or imagination; therefore beware of fairy, hobgoblin or allegorical stories. State pleasant, simple facts, in quiet, simple words. Do not use language which will require explanation. The little brain should not be taxed at night, by wondering, "what does that mean?" Also tell nothing that will call forth unanswerable questions, or lead to debate, however slight.

Children's magazines are quite as essential for parents as for children,

and the wise woman is she who is on the alert for bedtime stories, with just enough interest to make the little people satisfied. Of course you may hear, "I don't like that story, please tell me another one." Therefore mothers and nurses should have a variety to select from. Imaginative children are kept awake by supplying the end to a story which is only half finished, as for instance by the remark: "Now be a good child and go right to sleep, and I will tell you what next happened to-morrow." For the same reason ghost stories should be positively forbidden. Nervous children have had serious illnesses directly traced to an unnatural story told to them at bedtime.

The treatment which some of our frail little ones receive is beyond the verdict of thoughtlessness, it is decidedly wicked. We mothers sometimes need to take one and another potion to induce sleep for ourselves, therefore we should never be found off guard at the bedtime hour of our children.

It is best not to tell sad stories at night. Our children are full of sympathy, as they have not yet learned to be careless or callous. So do not take the chances of sending them to bed unhappy; their eyes should be as brimful of joy as of sleep. If you wish them to know of hunger, disease, and death, save such stories for the brightest of daylight, when the sun is doing his best to shower joy over us all. Real sorrow comes fast enough to us all as the fleeting years roll by and

your babies will then take their turn with the rest.

"I wonder what my papa meant by 'care?'" He said he couldn't sleep, and walked the floor all night," said little Flossie as she brought her doll, Golden Locks, to mamma to dress. "Never mind, darling dear, Golden Locks slept, and you slept," answered the mother, as her own eyes filled with tears, in memory of that very care.

Mother Goose rhymes rarely fail with the very little folks. One family we know have the habit of singing one or two of these rhymes every night. Stories about dolls are full of interest, their wardrobe, their carriage, dolls' parties, indeed everything connected with doll history; and the best of such stories is, you may stop short anywhere. Items of school interest engage both boys and girls, and children always like to know about what happened when, "you were a little girl, mamma." With some children Bible stories have a great charm, and surely they are varied enough to suit every age and disposition.

Of course the children themselves must be studied, for what would do for one child would often be unsatisfactory for another. Therefore, no particular stories or talks can be mentioned, only the idea of quiet and lullaby should characterize all. Common sense must control the bedtime hour if we would have our children healthy and happy. Indeed the bedtime hour may make or unmake the coming generation.





CHILDHOOD IN THE LIGHT OF MODERN SCIENCE.

WE CONTINUE our quotations from Dr. Tracy's interesting "Psychology of Childhood."

The little child is capable of memories long before he has learned to speak. A little boy, six months old, whose hand had been slightly burned by a hot vase, shrank back at the sight of this article a few days after. Certain faces, too, are recognized by children of this age, showing that they have memory images of them. Strange faces, too, are known as strange, and distinguished from familiar ones; but the latter are not yet missed when absent. Sigismund gives an interesting case of memory in a boy about eight months old. While in the bath he tried repeatedly to raise himself up by the edge of the tub, but in vain. Finally he succeeded by grasping a handle, near which he accidentally fell. Next time he was put into the bath he reached out immediately for the afore-said handle, and raised himself up in triumph. Memory of persons becomes strong by the end of the first year. A child of this age recognized her nurse, after six days' absence, "with sobs of joy." A boy somewhat younger knew his father after four days' absence, while another, seven months old, did *not* recognize his nurse after four weeks' absence, but when nineteen months old he knew his father, even at a distance, after two weeks' separation. Another child, four months old, knew his nurse

after four weeks, and at ten months he missed his parents, and was troubled by their absence. A boy of twenty-three months manifested keen delight on again seeing his playthings after an interval of eleven weeks; and when a year and a half old, was greatly disconcerted one day when sent to carry *one* towel to his mother, where he had been accustomed to carrying two. Darwin's boy, at a little over three years of age, instantly recognized a portrait of his grandfather, "and mentioned a whole string of incidents which occurred at their last meeting, nearly six months previous," the matter not having been mentioned his presence in the meantime.

Dr. Tracy considers resemblance, if not the earliest, certainly among the strongest of the child's associations. Darwin's child, in the second half of his first year, would shake his head and say *ah* to the coal-box, to water spilled on the floor, and to such things as bore a resemblance to things which he had been taught to consider dirty. Another boy, nine months old, on hearing the word "papa," would hold out his arms to another gentleman who resembled his father; and a little girl of this age knew the portrait of her grandfather as it hung on the wall. Sigismund says: "I showed my boy—not yet one year old—a stuffed woodcock, and said 'Vogel.' He immediately turned his eyes to another part of the room, and

looked at a stuffed owl which stood there." Taine's little girl, at fifteen months, on seeing colored pictures of birds, immediately cried out *koko*, which was her name for chicken. The little boy, C., on seeing the image on a postal card, at once made a peculiar snuffing noise, which his grandfather was in the habit of doing, showing that he observed a resemblance between his grandfather and the picture on the card.

As illustrative of the reasoning process in children Dr. Tracy mentions the following: When the little boy, R., was four months old, he was playing one day on the floor surrounded by his toys. One toy rolled away beyond his reach. He seized a clothes-pin and used that as a "rake" with which to draw the toy within reach of his hand. Mr. Darwin laid his finger on the palm of a child five months old. The child closed his fingers around it, and carried it to his mouth. When he found that he was hindered from sucking it, by his own fingers getting in the way, he loosened his grasp and took a new hold farther down, then vigorously sucked the finger. When Preyer's boy, at six months, "after considerable experience in nursing, discovered that the flow of milk was less abundant, he used to place his hand hard upon the breast, as if he wanted to force out the milk by pressure." Another child at seven months, cried for a share of the food his nurse was eating. A boy of eight months took a watch, which was offered him, and after biting on it with evident satisfaction, tried to break a piece off, as he would from a cracker. At thirteen months, a child who noticed the resemblance between two men, inferred certain acts on the part of one

which he had been accustomed to see in the other.

The boy, C., when fourteen months old, was one day feeding the dog with crackers, when the supply ran out. He immediately "crept to the sideboard, opened the left-hand door, pulled himself up by the shelf, and helped himself out of the box in which they were kept." He had seen crackers taken from this box before, but had never done it himself. He was observed to feel his own ears, and then his mother's, one day when looking at pictures of rabbits. One day, when eighteen months old, he came in from playing on the lawn, quite hot and somewhat dirty. He at once ran to his mother, holding up his dirty dress with a gesture of disgust; then ran to the drawer where his clean clothes were kept, and tugged at it with all his might. Another boy of the same age, both of whose hands were filled with toys, wishing to grasp still another, quickly put one of them between his knees. A little girl of this age used to feign sleep until the nurse left the room, when she would immediately resume her interrupted romps. Tiedemann's boy, at two years of age, used to employ cunning to accomplish his purposes.

The baby's cry, analyzed by the modern psychologist, appears as follows: The new-born do not shed tears, no matter how hard they cry. At a later period they cry and weep together, and they can also cry without weeping. But to weep without crying comes much later, and is comparatively rare in childhood. One or two cases are reported of tears being shed by children two weeks old, but most of the observations point to a later date. In one case the first tears were shed at the end of the third week,

in another in the fourth week, while in other cases tears were seen to flow down the face in the sixth, ninth, twelfth, fourteenth, fifteenth and sixteenth weeks, respectively. Darwin's child shed tears in the twentieth week, but as early as the tenth his eyes were moist in violent crying. He thinks that children do not usually shed tears until the

second, third or fourth month. From the second year onward, children weep much more easily than at an earlier period, and, later still, the inhibition both of tears and crying is a significant mark of the growing power of the will.

But space forbids our quoting further from Dr. Tracy's most suggestive work.



BABY'S WARDROBE.

Over-Pants.

I wish to describe a very useful little garment which I have made for my little three-year-old boy, and which has proved itself practical by trial. He is still wearing dresses, and I found that every time he went out of doors to play during the present wet or snowy weather he always came in with his dress and skirts very wet around the bottom. So I made over-pants out of an old gossamer waterproof, and now he can run anywhere with his little boots. The long overcoat hides all peculiarities.

For a child of three years they should be about three-quarters of a yard long from top to bottom. Each leg should be a little fuller at the top than at the bottom, say 36 inches around the top of each leg and 32 around the bottom, in order to have plenty of fullness for the dress and skirts, as the trousers are expected to be worn over all the regular clothes. Make each leg separately until you come to the inside seam; stitch that up 9 inches, then join the two legs

together on one side and leave the opposite side open. Gather top and bottom into bands.

I am so pleased with my invention that I intend to have my little boy use it after he goes into pants, if he goes out in the deep snow.

Sherman, Conn.

H. C. M.

Baby's Needs Economically Viewed.

In reading the various articles that have appeared in *BABYHOOD* relative to the amount of garments necessary for a baby's wardrobe, it has seemed to me the lists given must look formidable to the young wife who is for the first time preparing one, especially if she feels the need of exercising economy; and though the magazine doubtless finds its way to homes where no such necessity is felt, I presume the greater number of its readers practice economy. Fewer garments are in reality needed, especially if the washing is done at home. I have found the following lists sufficient.

For young babies:

Three bands.
Three flannel shirts.
Three flannel skirts.
Six pairs of socks.
Eight white dresses.
Eighteen large napkins.
Eighteen small napkins.

The Gertrude patterns are undeniably best for Baby's use. The bands should be simply torn off, unhemmed, and are needed only for the first ten or twelve days. If Jaeger flannel is used for the shirts, I recommend making them from large shirts, of light weight, that have been worn one season, the new Jaeger being sometimes irritating to the skin. I have made three small shirts from two large ones, using the right side for the wrong, on account of its being smoother. If for winter use, I make the skirts as well as the shirts with long sleeves, although not so given in the Gertrude patterns, feeling sure the tender arms must need more than one warm covering under the white dress sleeves. The socks should be made in two sizes, as the little feet grow fast.

For the comfort of the baby and the convenience of the mother the dresses should be made plain and fairly short. The bibs can be made of pretty material and are more serviceable if lined with cotton flannel. Button at the neck and sew tapes at each side to tie around the waist. For the large napkins cotton diapering is good, and for the smaller ones nothing is so nice as squares made from old linen tablecloths.

The following I recommend for the first short clothes:

Two flannel shirts.
Two flannel skirts.
Two white skirts.
Eight white dresses.
Three pairs of long woolen stockings.

Six pairs of white drawers.
Three pairs of flannel underdrawers.

Or, if napkins are still worn, make twelve of cotton flannel and use the outside napkins of former list for inside ones.

In winter I still make the flannel skirts from the Gertrude pattern, with long sleeves if thin dresses are worn, and with three box pleats in front and back for warmth. If white skirts are worn constantly, of course more than two will be needed. The same lists will do for summer or winter, with a proper difference in the weight of the woolen garments. Practically, for hot weather I believe in very little clothing, a thin gauze flannel shirt, light wool stockings and one napkin being all I put on my babies on days when heat makes life a burden to older people, but the other garments must be at hand for the sudden changes that come within a few hours in our changeable climate.

In addition to the above lists there should be three flannel nightgowns, large and long, for winter, and three of gauze flannel for summer. These, if made a generous size and carefully washed to prevent shrinking, can be utilized for two seasons.

I feel sure the above lists will be found to contain enough garments for ordinary use, and time and money will be saved by not making the quantity of small articles too great, outgrown as they are so soon.

A. C. B.

Still Another Reform Suit.

A garment called the CALIFORNIAN COMBINATION has recently been invented, which is a union suit to take the place of waist and drawers. It is intended for infants in short clothes

between the ages of six months and three years. The garment is made entirely of woolen material, of good quality, and for warmth and protection equals the cotton waist and drawers commonly worn, the abdominal band and one flannel skirt. The advantages claimed for it, are as follows:

The simple pattern cut in one piece, with bias seam at the back, giving

elasticity where it is needed; the fastening at the shoulder, which allows changing the garment without undressing the child, and lengthening it as the child grows, by changing the place of the shoulder button, and the stocking supporter attachment under the arm, made firm by a lining which carries the strain to the shoulder.

P.



THE MOTHERS' PARLIAMENT.

The Benefits of Cod-Liver Oil.

—During the recent variable fall and winter months every child has been subjected to changes of temperature that are likely to produce severe colds. As March is one of the most trying months, it may be of benefit to some mother to know of one of the conditions under which the use of cod-liver oil is to be recommended.

My boy of four caught cold twice, owing to sudden changes. The first time the trouble was met and conquered with difficulty, with the usual remedies to which he had been accustomed. When the second cold appeared shortly after, I began the use of cod-liver oil emulsion containing hypophosphites of lime and soda, realizing that the little fellow was growing rapidly, and that it could do him no harm, as it really is a food for most children from four to seven. By the third day, with simple

local treatment on his chest, and a plentiful supply of appetizing food, his cough was loose, and he recovered rapidly from what threatened to be a serious illness. Since that time I have never been unprepared, and at the slightest approach of a cold, and even when changeable weather is the rule, I give him about two teaspoonfuls a day in three doses, adding a little milk to each dose, and I find it makes him wonderfully resistant. The simplicity of the treatment is what pleases me most, as it is so much easier to give a child that which it learns to like than to be obliged to force it to take nauseous mixtures. Prof. Fonssagrives* says that he does not remember to have seen a single child whose opposition to cod-liver oil it was impossible to overcome. Although my own taste will not subscribe to the pleasure of taking it, my

* "The Mother's Work with Sick Children," by Prof. J. Fonssagrives.—Putnam's.

four-year-old does not agree with me, as he reminds me in gleeful accents three times a day that it is "time to take my 'cuddy,'" as he calls it.—*H.*

The Duties of a Nurse. —Can the BABYHOOD mothers tell me what the duties of a nurse are?

I have a baby fourteen months, and a little baby four weeks, and somehow my nurse has no time to care for the little one. She does no washing or sewing or housework (I have other help) and only takes care of the oldest. I do not know any one who has young children, so I cannot ask advice; but I see nurses on the street with two children. Don't they care for them both in the house?

Some nurses advertise that they are neat sewers. What are they expected to sew? Do they merely mend, or do they make the babies' clothes? Do you have to pay a nurse more if she sleeps in the room with one of the babies? What is considered a fair price? I pay mine \$4 a week, but I think she ought to help me more.

I am a new subscriber, and will be very glad of an answer to my many questions.—*F. R. D., Chicago.*

Strength of Early Impressions. —Grown people have in general a very inadequate idea of the susceptibilities of little children. When

I was a five-year-old, certain "by cousins" of mine used to amuse themselves by "hectoring" me, to use the word then in vogue. I had been invited on my way from school to ride home with a certain pedler, said pedler being known to my cousins as a rather smart beau when off his dry-goods wagon. This invitation, which I in-

stantly refused, though the way was long and the day hot, served for weeks as teasing material. The result was that I cordially disliked my young and no doubt charming relatives; and not until I was a woman grown could I cure myself of my prejudice.

I have known a child to cherish for years an active resentment as the result of a punishment, or merely a scolding, undeserved. As a little tree is easily warped from its true shape, so is the heart and the mind of a little child.

Said Froebel: "If I pierce the young leaf of the shoot of a plant with the finest needle, the prick forms a knot which grows with the leaf, becomes harder and harder, and prevents it from obtaining its perfectly complete form. Something similar takes place after wounds which touch the tender germ of the human soul. It would have been far different with humanity if every individual in it had been protected in that tenderest age."—*M. F. B.*

A Lullaby That Lulls. —I have recently come across a lullaby which seems to me so different from most of the productions that go by that name that I hope you will find room for it in your magazine. I may have been particularly unfortunate in my reading, but I have never seen or heard a lullaby that fulfilled the first requirement of such a song—that is to say, which was calculated to lull a child to sleep. Pretty poems labeled "lullaby" there are by the hundred and thousand, but their words are intended for the mother, not for the child. Of course the child goes to sleep while the lullaby is being sung, but that may be the merit of the melody, or of nature, or of the mother,

or of all of these combined. The one I send you, which appeared first in the December number of the *Packer Alumna*, seems to me inevitably to produce a drowsy feeling in the listener, whether adult or child. Moreover, except for the introduction of "sentries," and perhaps the line,

"While the angels their night watches keep,"

there is nothing in the song that a child cannot understand.

The authoress, Ida K. Hinds, prefaces her poem with this remark:

"I have found that in recommending rest to the body and in trying to teach people to entirely relax the muscles, there is still more to be done, and that is to relax the mind, to let it dwell on thoughts that soothe, that in no way excite—as a thought of the twilight falling over a quiet valley, the hush of evening, the night sounds of birds singing to themselves a lullaby. I believe the same is true of children. If we wish to soothe and hush them we must lead their thoughts into quiet scenes, instead of exciting them with stories that interest and rouse them. So I have written a little lullaby [dedicated to the children of the *Alumna*, which can be sung to any soothing melody."

The Land of Nod.

Do you know the way to the land of Nod,
That city, old and gray,
Where only at night the people awake,
And at night the children play?

I will tell you the way to that land of Nod.
'Tis the pleasantest way that I know,
For you roll, and roll, and roll, and roll
Down the hills of long ago.

You lay you down on the sweet green grass,
When the flowers are going to sleep;
You shut your eyes and listen awhile
To the little night bird's peep.

And then you roll, and roll, and roll
Down into that valley so sweet,
Where the fireflies dance with their fairy
lamps,
While the angels their night watches keep.

Don't open your eyes or you won't get in,
Past those sentries of drowsy sleep,
Who guard this city from waking eyes,
And from even the eyes that peep!

Then, hush! and listen, as down you roll,
For the gates are opening wide;
You can hear the bells of the fairy elves
As far through the valley they ride.

Then roll, and roll, and roll, and roll
Down into that valley so deep,
Where the fairies dance with their firefly
lamps,

When the children are all asleep.
When the children are all asleep.

N. N.

—The item in the January number of *BABYHOOD*, "Advent of Little Brother," brings to my mind my experience in that line.

When my little Tom was two-and-a-half-years old we had another little boy come to us. From the very beginning little Tom showed great jealousy of any attention shown his little brother. We tried to be careful to show no partiality to awaken jealousy, and as he was a sweet-tempered child it seemed strange that he could not be brought to love little Baby. For two or three months Tom continued thin and fretful, and I am positive it was nothing but jealousy that made him unhappy. It was pitiful to hear him. Lifting his large asking eyes to mine, he would say in baby tones "Put him in the bedroom and shut the door," with a quiver of his little mouth that almost broke my heart, and the deep sigh that escaped him when I would take him in my arms was truly heartrending. However, by keeping them together, taking both in my arms, and interesting Tom in Baby, and allowing him to do little things for him, he came to love him, the sense of protection appealing to

his infant mind as it does to us older children.

If any mothers are having any similar experience, let them try to make the little one of use and necessary to the

newcomer, and I feel sure it will aid in overcoming the very natural unhappiness which deposition from being the only baby sometimes causes.—*A. A. P., Brooklyn.*



NURSERY HELPS AND NOVELTIES.

Hammock Swing.

I find that a hammock swing in the sitting-room affords more amusement to the little tots than any other one thing. They sit in it and swing, or swing each other, play at swinging their dolls or kittie to sleep, and very often help me not a little by putting "baby brother" to sleep in it. Sometimes they get astride it, one each side of the middle, and play horse, taking imaginary rides to school or church or "to see Gracie." When tired of this they take hold of the rope, near one end, and swing back and forth, with feet lifted or running along the floor, or turn over and over the rope, as a boy does over a turning pole. When time for their nap comes, it is the work of a few moments to put one in each end, with a small pillow under each head, and rock them to sleep. I have no spreader in my hammock, and it hangs so near the floor that in case they roll out it does not hurt them any. A number of blankets

are put in at night and the hammock becomes a bed. P.

Blue Earth City, Minn.

A Cork Carpet.

Having been a subscriber to *BABYHOOD* for many years and received many helps therefrom, I would now on my own behalf offer a suggestion. In my nursery I have discarded all carpets and rugs and in their place have introduced a cork carpet, which has proved more than satisfactory. It is easily washed, dries quickly, is warm to the touch, quite unlike oil-cloth, and anything dropped on it seems to rebound without breaking. Added to all this, it is almost indestructible and only a little more expensive, ten cents per yard more than oilcloth. Grease appears to be the only enemy, and this is removable with turpentine and fullers earth.

Montreal, Canada.

E. K.



NURSERY PROBLEMS.

Stuttering.

To the Editor of BABYHOOD:

As an old subscriber, I come to you for advice about my little boy. He will be three years old in April, and began talking quite young, as he was able to say anything he wanted to, the beginning of last summer. When he first talked he pronounced his words distinctly and spoke without stammering. In the fall we noticed he stuttered occasionally, but did not think much of it until we found the habit growing rapidly. He stutters so much now, it is almost impossible to understand him. We immediately tried to stop it by making him begin his sentence, repeating it slowly after us. So far that has done no good, I think he began the stuttering as a joke, and it has gone beyond his control. What can I do for it? Are there any good books on the subject that will help me? Any advice you give will be very gratefully received.

E. H.

Many children who have spoken very clearly later on fall into a slovenly method of articulation from laziness or an indistinct form of speech from tonsillar or other throat troubles. But if a child becomes an actual stutterer after having been a clear speaker, we should first of all consider his state of health. This infirmity is often a species of chorea. We have known many cases which only occurred with any cause which depressed the nervous system, such as an illness, overstudy, etc. If the child is well, then training as to good methods of speech or in singing will often stop the trouble. There are cases, as every one knows, which are very persistent, and some of which defy treatment. We cannot recall a good popular work; but most comprehensive works on general medicine have articles on the subject, and you might borrow

from your physician or read in the public library such an article. Better at least ask your physician, as a good deal of sham science has been written on the subject.

A Case of Overfeeding.

To the Editor of BABYHOOD:

My baby is but ten weeks old. He nurses on the average every two hours, night and day, with the exception of four or five hours during the evening. At two and sometimes three of his meals it is necessary to give him the bottle, the mother not having sufficient milk. At each bottle feeding we give Baby four ounces or eighteen teaspoonfuls of milk, four of water and two of limewater. We find that he passes a good deal of curdled milk. Can you suggest a cure for this? The child is perfectly well in every way. He scarcely ever has colic. He had a slight protrusion of the navel, which it seemed best to have attended to, so we do not let him cry for his food after an interval of two hours.

M. M.

A child of ten weeks old should have food not oftener than every three hours by day and less often by night. Your baby gets food (breast or artificial) about eleven times in twenty-four hours. You say his food, when given, is three-quarters cow's milk. It would be indeed strange if he did not pass curds. We do not know that we ever saw a child of ten weeks that could digest a mixture that contained more than half cow's milk, and more commonly a still further dilution is necessary. The cure would be a proper dilution of the cow's milk or the use of a suitable mixture of cream, milk and water, as we have so often recommended.

**A Bill of Fare for a Six-Year-Old; An
Exceptionally Large Child.**

To the Editor of BABYHOOD:

I am in great distress to know what to feed my little boy six years of age.

(1) He does not like to drink milk, and potatoes do not agree with him. Would you kindly give me a bill of fare for the whole day?

(2) My boy weighs fifty-six pounds and measures four feet and one inch in height. Would you kindly give me your opinion in regard to his size?

(3) Would it be imprudent for my little boy to play outdoors in cloudy weather?

New York.

C. N.

(1) We should try to give him some milk nevertheless — best with his morning and evening meal. If he takes a luncheon about 11 A. M., as many children of his age do, he could have milk then instead of at breakfast.

The following would be a suggestion for one day:

Breakfast.—An orange carefully freed of seeds and tough parts; oatmeal or some other cereal slightly salted, if not sufficiently seasoned in cooking, eaten with milk or cream, no sugar whatever on it; after it an egg, or chop, bit of steak, or of broiled fish. Generally a selection can be made from what is provided for the adults.

Luncheon.—Glass of milk and a cracker, or slice of buttered bread, not too fresh.

Dinner.—At about 1 P. M. Chop, steak, roast meat, boiled fish (one of these articles besides soup being allowed) bread and butter; one or two of the following vegetables: beans, peas, spinach, tomatoes, celery (stewed), squash; for dessert, plain rice pudding, custard, ice cream, blanc-mange (one only).

Supper.—About 6 P. M. Egg and bread and butter, toast, glass of milk.

(2) His weight and his height are

about that of a boy of nine years, taking the average from measurements of children in the public schools. Allowing that these may be rather below the averages of children in the most favorably situated classes, your boy is still exceptionally large.

(3) He would better play out every day not absolutely stormy or inclement, or at least he should have a smart walk or run as an airing.

Condensed Replies.

Mrs. C. L. N., Hebron, Ill.—As nearly as we can guess, your child had an inflammation of the middle ear, probably the result of some throat inflammation, possibly from teething, which was followed by a formation of matter in the cells of the bone behind the ear, which is technically called a mastoid abscess. We cannot be sure, of course, but this seems to us probable. Such a trouble is always serious, and requires the best skill to meet it in bad cases. The treatment is surgical if the trouble is declared. Sometimes an incision down to the bone arrests the inflammation, just as in a felon of a finger. Often it is necessary to go farther and to bore or chisel into the bone until the matter is reached. Such operations save many lives. In little children whose bones are soft the matter sometimes breaks out and the child is saved without an operation, but it may break into the cavity of the skull and destroy life by meningitis or inflammation of the coverings of the brain.

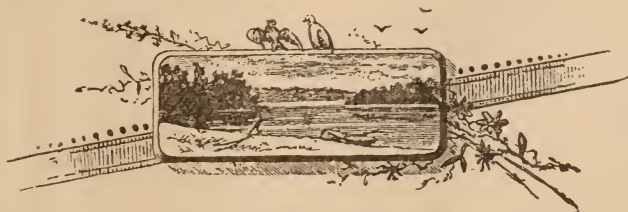
H. W. L., Leroy, N. Y.—The condition of tongue described we judge to be due either to an aphthous inflammation or to a chronic stomach irritation; the pressure of irritation elsewhere makes the latter more prob-

able, as also does her restlessness at night. We place small weight upon the suggestion of "stomach worms." Even if they exist we should doubt that they are the cause of the symptoms. Seat (or pin) worms could easily cause the restlessness and the local irritation, but not the tongue condition.

Very Anxious Mother, East Orange, N. J.—You have settled for yourself that milk is undesirable, although we do not know how much you diluted the milk and do not perceive that it ever has been peptonized for the baby. You will therefore have to use a variety of broths or meat extracts and such foods as do not require the addition of milk. At her age and her toothless condition it would be contrary to ordinary experience if she could digest the "thick oatmeal gruels" or any similar preparation. Five meals per twenty-four hours are probably enough, but this must be modified if the meals are very small. Such a condition as that of your child is not a proper one for us to give specific advice about, because it is one that needs frequent (sometimes

daily) supervision from your own physician. It is, as he says, sure that a real inability to use milk exists, and in such cases the diet that will suit the taste and agree is often a very unlikely one, or even one which on general rules would be improper.

Mrs. J. W. M., Cincinnati, O.—The only practical assistance we can give you is this: The trouble is apparently an indigestion, most probably of the casein in the milk. This may be due to the milk in her mixture having more casein and less fat than the average, or her digestive power may be less than usual. Frequent changes of food, if kinds of food are meant, are not generally wise. Frequent changes of proportions are wise if superintended by the physician. The daily or frequent inspection of stools to note their character and the peculiarities of digestive errors, if any, with change in the proportions of fat (cream), albuminoids, sugar, etc., according to what is found, usually puts the condition complained of right. Medicinal assistance may be called for.



CURRENT TOPICS.

Secret Language of Children.

WE ADULTS are rather apt to rate children's powers too low. This, no doubt, comes from a lack of study of these powers, and, perhaps, from a wrong comparison of the child with

the adult. In the power of originating it may be that the child is the superior of the adult. This is well illustrated in the forming of languages. In this field the child seems to be perfectly at home, as may be shown to any one who

will make a study of such; or if he will look back into his own childhood he will find left in memory traces of such languages, or if one will keep his ears open among children he will be very sure to find such languages here and there. Only on the other Sunday afternoon, while, with my wife and little girl, stopping at a small depot on a railroad in South Worcester to rest from a walk, a number of pretty tough-looking boys came along and stopped to play. At first, from their language, I thought they were foreigners, but I soon found out that they were using a language of their own. I did not have the opportunity at this time to make inquiries about their language, for which I am truly sorry.

The editor of "Am Urquell," a German Folk-Lore paper, gives over one hundred and fifty specimens of Secret Languages collected during the past three years. To be sure, quite a number of these are not languages of children, as some are of thieves, peasants, secret societies, etc., but who knows but that many of these may have their foundation in child-languages?

In this list I find "Gibberish," "The Black Slang," "The Rhyming Slang," "Medical Greek," "Potter's Latin," "Dog Latin," "Robber Language," "Goose Language," "Crane Language," "Zither Language," "Bob-Language," "Erbsen - Language," "Sa - la - Language," "Schu-Language," "If-Language," "B-, P-, W-, O-, M-, and F-Languages."

There are many other names besides these. These names, in some instances, seem to be simply arbitrary, but many arise from the use of the languages or from some distinguishing features.

"Robber Language" derives its name from the fact that the children use it in playing that they are robbers.

As I stated at the first, if one will go back into memory he will find traces remaining of these child languages. In my own experience I recall three such as occurring in my boyhood days.

1. Wilvus youvus go with usvus? This comes ringing in my ears as though it were only but yesterday since I used it.

2. Also we boys had a language in which we turned the words around, as: boy = yob.

3. I recall, too, that at one time some of us boys undertook to make up a language. I cannot give anything more of this, as it comes to me only as a faint recollection. I am quite sure, though, that this language was not carried very far nor ran very long.

4. I recall, also, a language used by some pupils in a school in Indiana, in which I taught some years ago. This was a number language. Each letter of the alphabet had a number to represent it, as: a = 5, c = 9, t = 10, etc. Thus: cat = 9-5-10.

This paper is not meant to be exhaustive, but only to give a peep into an unexplored field of child life. It is to be hoped that some day we will become much better acquainted with our boys and girls than we are now.—*Oscar Chrisman, in Science.*

Hygiene as a Study.

In these days, when so much is thought and written on the simple hygienic and sanitary laws, which even those comparatively ignorant can com-

prehend and avail themselves of for their physical well-being, thereby augmenting their enjoyment of, and success in life, it seems strange that these laws and principles are not included in the curriculum of the various institutions of learning in which the future men and women of this great country are having their young ideas formed. Surely the health of the various organs of the body is a more essential and vital question than that of the mind, since if the brain, the organ of the mind, be diseased, it naturally follows that the mind itself is injured in proportion. And what time is better fitted for instilling into the mind the importance of, and the beneficial effects which will follow the study of God's love in relation to the human

body, than that when one is young and being instructed in other branches of learning which lose half their value if the young student is to lead a life of misery and pain, very often commencing with the last years of school life? Let children be taught that fresh air, exercise, sufficient rest and plenty of wholesome food, also plenty of soap, are essential to a healthy and vigorous manhood and womanhood. Let them be taught the right amount and proportion of these necessary elements of a sound condition and they will bless you for it.

There is so much suffering and misery in the world caused by sheer ignorance of the subject of health, that it would seem almost unnecessary to force people to become enlightened on a sub-



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ject in regard to which ignorance is so plainly a great sin. Nevertheless, there are countless mortals who know little and care less what essential laws of nature they daily infringe, and cause their innocent little children to feel the effects of their heedlessness. What a boon it would have been to many now doomed to lead that "long, drawn-out agony," an invalid's life, had they been provided with the requisite knowledge which would have enabled them to escape what they are now undergoing, and many other ills besides; for a good physical condition helps one wonderfully in bearing the various misfortunes which are inevitable. It has never yet been estimated, nor ever can it be, how many crimes and how much moral degradation have their origin in

a demoralized physical system. There are many who go through life without once feeling the glow of health, who do not know what a joyous thing it is simply to live in such a condition when one feels full of life and energy and only lacking the necessary wings to fly, so light and buoyant the feeling.

If mothers, especially, would give hygiene and the sanitary laws careful and intelligent study they would be repaid a thousandfold, for they would benefit, not alone themselves and their families but indirectly the whole nation. No matter how bright and clever a man in bad health may be, he would be far more brilliant did he enjoy what is in his power to acquire, the blessing which nothing can replace—perfect health.—*Agnes Clare in Table Talk.*

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WHOOPIING COUGH, AND ITS COMPLICATIONS.

BY HENRY DWIGHT CHAPIN, M.D.,

Professor of Diseases of Children at the New York Post-Graduate Medical School and Hospital.



It is important for every mother and nurse to have some knowledge of the manifestations of whooping cough, as, owing to its highly contagious character, comparatively few children escape attack. The disease is also liable to be serious, and occasionally fatal, from its complications. The age of attack is usually between one and ten years, although no period of life is exempt. Adults, as well as new-born babies, may have the disease.

Volatile Nature of the Poison.

In most contagious diseases, the poison clings to the person affected, not extending much beyond one or two feet from the surface. It is true that in scarlet fever and diphtheria particles of the virus can be carried to distant points by handkerchiefs and like articles, but it does not project itself through the air from the diseased person. In whooping cough, however, the poison has a much more diffusible character, spreading itself through apartment and tenement houses, and attacking children not brought into immediate contact with

the affected person. After exposure, there is usually an interval of from two to seven days, known as the period of incubation, before the first symptoms become manifest. A longer period may elapse, but a week may be considered a good average.

Stages of the Disease.

Like the other contagious diseases, the symptoms come on in groups, which, however, vary somewhat, according to the age of the patient and the severity of the disease. Whooping cough may be divided into three periods, known as the catarrhal stage, the spasmodic stage, and the stage of decline.

The Catarrhal Stage.

The disease begins like an ordinary cold in the head, with some sneezing and more or less discharge from the nostrils. The eyes may be somewhat watery, but not so marked as in measles. A cough soon ensues which is apt to have a persistent and teasing character, but nothing is raised with it. These symptoms continue unabated for several days or a week, except that the cough becomes worse at night. In most cases this stage lasts from ten days to

two weeks, when a more marked character of the cough ushers in the

Spasmodic Stage.

At this time the child is suddenly seized with severe fits of coughing, generally without any premonition, in which a succession of forced expirations is followed by a long, crowing inspiration. Such a coughing spell may be followed by vomiting, if food has recently been taken. The mouth is nearly always filled with frothy mucus at the end of the cough. During severe paroxysms the face becomes flushed and puffy, and if this congestion is prolonged there may be bleeding from the nose. These coughing fits are apt to be most frequent at night and when the child becomes excited from any cause. The gravity of whooping cough depends upon the number and severity of these paroxysms during the day and night. In mild cases, eight or ten light paroxysms through the twenty-four hours produce little inconvenience. In severe attacks, however, several severe coughing fits every hour lead to marked exhaustion, and the repeated vomiting, so often induced by the coughing spells, may be followed by a rapid failure of nutrition. Although the paroxysm is apt to be more severe when occurring at long intervals, the child quickly recovers its equanimity; but when the coughing fits come very often, even if not so severe, the results are more disastrous. The duration of the spasmodic stage is, on an average, from one to two months, and is most severe about the third week. In infants under a year old there are one or two peculiarities in the manifestations of whooping cough. Thus, the spasmodic cough begins almost at once, without any pre-

liminary catarrhal stage, and the whoop is usually absent. There is simply a spasmodic cough, coming on in paroxysms, with redness of the face, watering of the eyes, and apparent breathlessness, frequently followed by vomiting. Many babies have this kind of cough for weeks without its true nature being suspected, and thereby spread the disease among children who could have been protected.

The Stage of Decline.

The beginning of the decline of the disease is marked by a lessening in the number and severity of the coughing spells, which gradually lose their spasmodic nature. The average duration of this period is about two weeks, when the cough ceases altogether, or assumes a mild catarrhal type for a few days longer.

Complications.

The possible gravity of whooping cough depends upon certain complications which should be recognized early in order to be vigorously combated. It is safe to say that a child should be bright and apparently well between the paroxysms of coughing. If this is the case, even though such paroxysms be severe, there is no very grave complication ensuing. When, on the contrary, the child leaves his toys, showing no interest in the accustomed amusements, is somewhat feverish, and, in a word, appears ill, the case is not pursuing a proper course. The complications may be divided into those affecting the breathing organs, the digestive tract, the nervous system and the general constitution. A bronchitis affecting the larger tubes is one of the regular accompaniments of the disease, but

not infrequently the catarrhal inflammation spreads down into the smaller tubes, and then the child coughs harder, breathes a little quicker between the paroxysms, and has some elevation of temperature. If this condition is not recognized and the proper steps taken, the inflammation may extend to the smallest bronchial tubes and finally to the air-cells in which they terminate. We then have catarrhal pneumonia, which is a very fatal complication, since the frequent paroxysms of coughing are apt to cause a constant spread of the disease to adjacent air-cells, thus inducing an extensive and prolonged attack. The irritation of the pneumonia itself usually increases the number of the paroxysms, and thus a vicious reaction is induced between these two conditions, each making the other worse.

The digestive complications may become important, especially in hot weather. The occasional vomiting occurring during the paroxysms of coughing may eventuate in such extreme gastric irritability that proper nutrition cannot be maintained, and dangerous failure of vitality may ensue. Intestinal indigestion may likewise further complicate the disease. When diarrhoea is added to the vomiting, the outlook may be grave, particularly in summer. It is difficult to treat such a diarrhoea, which proves intractable to the ordinary remedies. The commonest nervous complication is an attack of convulsions. The seizure is usually during or just after a paroxysm. Any twitching of the muscles of the face or extremities, or forcing of the thumb into the palm of the hand,

must be looked upon with alarm as indicating danger of an impending attack. Among the constitutional complications may be mentioned the eruptive fevers, especially measles. The combined effect of whooping cough and measles upon the lungs is such that pneumonia of a very severe type may be induced. The catarrhal condition of the bronchial tubes in whooping cough affords a favorable soil for infection by tubercle bacilli or germs of consumption. Tuberculosis as a complication, or rather sequel, must be carefully guarded against. I have recently seen a child of three years, who, during an attack of whooping cough, was constantly in the company of a consumptive having abundant expectoration. After the decline of the whooping cough, a failure of nutrition and constant cough led to a careful examination, which revealed the existence of consumption in the child. We must thus remember that a patient with whooping cough is unusually vulnerable to the germ of consumption, so that these two classes of cases should be kept apart as much as possible. We have seen from a consideration of these complications that this disease, even in mild form, must be carefully watched. The phrase *nothing but whooping cough* sometimes heard upon a mother's lips, and implying a lack of appreciation of the possible course and outcome of the disease, is never uttered by a physician who has seen many cases.

Recurrence of the Whoop.

A peculiarity of the disease is that for one or two years after the attack, the cough accompanying every cold

or bronchitis is apt to assume a spasmodic type. There may be a paroxysm and a whoop, but this phenomenon disappears with the cold. It is from this fact that one hears of attacks of whooping cough lasting for a year or more. Such statement, however, is incorrect, as, owing to the peculiarity just mentioned, any cough assumes the type without really being whooping cough. Children should be carefully protected from exposure to cold during recovery, and afterward, for some time, in order to avoid this spasmodic cough.

Treatment.

The hygienic management alone will here be discussed, as medical treatment of such an important disease should always be in the hands of a physician. As a general rule, the children should be kept as much as possible in the open air. In wet and stormy weather, however, they must be kept indoors, as much harm may be done by an unintelligent applica-

tion of the out-door rule. On this account summer is the most convenient season in which to have the disease, as the children, by being constantly in the fresh air, suffer less from the number and severity of the paroxysms. Even at this time, if the weather is such as to predispose to colds and bronchitis, to which they are now unusually susceptible, they must be carefully protected from exposure. The sleeping and living rooms should be well ventilated, so as to allow an abundant access of fresh air, without drafts. Light and easily digested food must be given, and, if vomiting is frequent, a glass of milk or beef tea may be administered shortly after each attack, so that nutrition may be kept up. Toward the close of the disease, particularly if the child be run down, a change of air is beneficial, particularly to the seaside. Sea air seems to have a soothing and invigorating effect upon this affection, and is curative in cases in which the cough tends to hang on indefinitely.



SHALL WE VACCINATE THE BABY?

BY EZRA M. HUNT, M. D.

Secretary New Jersey State Board of Health.



WHAT a wonderful thing it is that by two or three slight scratches on baby's arm and the rubbing over it of a pearl drop of vaccine lymph, the child can be protected from so direful a disease as small-pox. In these modern days we little know what a dreaded scourge this was. We read that in the

year 1707, out of 50,000 inhabitants in Ireland, 18,000 died of small-pox. From age to age, in its various epidemics, it has left its traces on continents and islands, and so marred the face of childhood that time could not restore its beauty.

Long before, and up to the middle ages, there are special references to it

in Ireland as the "speckled distemper." Besides the losses by death, even up to the present century few families were left without the living mementoes of its visitation. It quite realized the couplet of Ben Johnson in his epigram to the small-pox,

"Envious and foul disease, could there not be
One beauty in an age, and free from thee?"

Was it not an equal wonder, when among the milkmaids of Sudbury, Gloucestershire, England, Edward Jenner discovered that a little lymph, from a slight eruption on the cow's udder, could protect from this disease? Wonderful, too, has been the history of opposition to it and of its success. Other discoveries have been resisted on economic grounds, but this was opposed as an alleged attempt to animalize mankind, as a mixing of foreign bloods and as an inhuman invasion of the rights of man. By degrees the facts as to its protection accumulated and amid all the wonderful medical discoveries of successive times, and of the present day, it still holds its place as the greatest of preventive measures. Here are specimens of multitudes of facts by which its value is proven.

In Sweden, before vaccination, from 1774 to 1800 the annual average death rate from small-pox was 2,008 per million. From 1801 to 1815, under optional vaccination, it fell to 631. Then it became compulsory and the average rate from 1816 to 1885 inclusive has been 173 per million. For the eight years from 1877 to 1885 it was 41 per million. "In Scotland under optional vaccination, 1855 to 1864, the annual death rate from small-pox was 34 per hundred thousand, under compulsory,

1865-'89, the 34 was reduced to 8 and during the last ten years of this period it was only 0.43."

Although in the last quarter of a century new oppositions have arisen, especially because of compulsory laws, they have not affected the main issue. It was never so broadly practiced as now. Definite vaccinal establishments exist in nearly every civilized country. In New York city alone during the past year there have been 200,000 vaccinations. Careful inquiries show many sources of limitation, but only that the skilled vaccinator may be confirmed in its use and that the protection may be made more complete.

Yet amid all this it is true that thousands of children over three months of age are to be found in the United States unvaccinated, and when an epidemic occurs there are numerous victims who never should have sickened at all. Within the last year, in a city within forty miles of Philadelphia, nearly 1,000 cases have occurred. The disease has had a whole year of prevalence. The cause was the neglect of vaccination.

The danger of the disease, the great inconvenience and expense it entails when only in its milder forms, and the exposure to which it subjects others, unite to make neglect well nigh criminal. This is the more inexcusable because of the simplicity which now attaches to the operation. No longer is there need to carry a scarificator to cut the flesh, or to pulverize a crust taken from the skin of another. The operator scratches the skin with a little piece of ivory, already charged with the lymph, or moistens a small sewing needle with it, and scratching only

enough to ooze out a drop of blood rubs it over the abraded surface, and takes up another similar needle for each succeeding child. The old story as to passing disease from one to another, although well nigh imaginary, has quite vanished. Among the thousands of physicians in the United States we have never heard of one who, knowing that his child had to-day been exposed to small-pox, would not promptly seek and rely upon this protection. Well may we urge upon every parent, as a duty to his child, to his family and to society, that the little one be not allowed to go abroad from the nursery until this protective boon has been conferred. How trifling are some of the excuses which are given for neglect. One wishes to wait till after teething, whereas it is best to attend to it at an earlier age, although the cutting of the early teeth in no wise disturbs the effect. Another claims he cannot know the source of the lymph. So you do not know who prepared the medicine you take. You hold the physician responsible, with safety in one case as well as in the other, and run far less risk than you would with the child unprotected from small-pox. We are inclined to believe that most who escape vaccination in babyhood, do so from neglect, or from the habit of not seeking a doctor unless in case of real sickness.

Our judgment says, prevention is better than cure, but often our actions show that for many direful things we are more apt to seek cure than prevention. Let us at least not treat our little innocents that way. They are exposed to enough diseases in childhood, and it is nothing more than decent

justice and loving kindness to shelter them from the one that can be avoided. In republics compulsory laws are not popular, and so many of our States and cities only require that the child shall not enjoy the free gift of a public school without, for its own sake, and that of other children, having this protection. Some do not even exact this. In any case we must look chiefly to the mother and the home, and urge that not a single parent shall neglect, during nursery days, to secure this boon to the child.

Now, it may be as well to concede at once, that, while other excuses have been swept aside, there are two that remain, although capable of explanation. These are that the protection is not always complete as to degree, and is often not complete as to length of time. As to degree, it is found that quantity as well as quality has something to do with result. When lymph used happens to "take," as we say, only at a single point, instead of at four or five in the inch or half-inch circle on which it is rubbed, the mark itself may be genuine, but strong exposure may lead to a modified small-pox known as varioloid. Even this is far better than no protection at all, but it should never occur. It will not occur in skilled hands, or if the arm is examined six or seven days after the insertion of the lymph. If the vaccinator finds that only at a single point or two there has been effect, he will repeat the process.

It would be far better if every vaccinator were required to give certificate that a good and sufficient vaccination had been made. While Jenner, and many after him, did not discover this

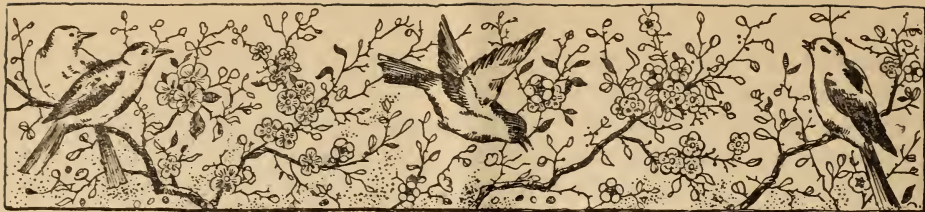
limitation, it, and the remedy therefor, are now so well understood, that in the year 1892, of the 7,529 primary vaccinations at the Central London bovine lymph station 7,448 returned and all but 81 were found complete in every respect. A second vaccination was effective in all these 81 remaining. Some years since, in a school census in England taken by the Local Government Board, it was found, among 50,000 children, that of every 1,000 children having no vaccine marks 360 were marked with small-pox; that of 1,000 with one vaccine cicatrix, 6.8 had marks of small-pox; with two cicatrices, 2.49; with three cicatrices, 1.42, and with four or more cicatrices, 0.67.

The other limitation is, that a vaccination in early childhood, while if properly done always having some effect in modifying an attack, does not generally maintain its full effect through adult life. Hence it is that authorities now advocate revaccination at between ten and thirteen years of age. Statistics are abundant showing that such a system of vaccination and revaccination is so protective that if, under rigorous discipline, the best methods now in use could be carried out, small-pox would be speedily

driven from the face of the earth.

Strange as it may seem, complete success in this direction will come not so much from skilled advisers as from the mothers of the land. Oh, if we could put each mother on the side of this great sanitary reform, and of others now pressing upon our attention, and if we could apply them before nursery days are over, we should establish methods and habits that would do more for the bodily, and social, and moral welfare of the race than all that the other humanities can do in a decade of centuries. We therefore earnestly counsel all mothers to see to it that every young child is vaccinated, and that they may thus, by its protection, the protection of the family and the influence of the example, help to banish this terrible disease. We hear that in parts of France, in order to popularize the habit, and to bring mutual influence to bear, it is common to have a 5 o'clock tea, known as the vaccination tea party, to which the babies and invited guests are brought, that at the hands of some skilled vaccinator they may receive protection. At least we must not wait for the kindergartens, or infant classes, or the schools, but trust to the fond and earlier care of parental love.





IS IT ALL NERVOUSNESS?

BY EMMA WALKER.



THIS century has rolled on, it has brought to the American people wonderful inventions, before unheard-of luxuries, and that parasitical growth, or unhealthy fungus, nervousness.

Truly, "tall oaks from little acorns grow," and the tallest, thickest and most widespread oak of this country is nervousness. In our grandmothers' days it was "unwept, unhonored and unsung;" in our mothers' days it was a tiny, smouldering spark on the edge of prairie grass; but the rushing of our day created a great breeze which fanned the tiny smouldering spark into a mighty flame, which spread over the prairie, then rushed onward, unchecked in its course, until the whole of the United States has been scorched by its fiery breath.

"Nervous" is a word which is rolled trippingly off the tongue by the lofty and the lowly, the old and the middle-aged, the youth and the infant. Most people seem to revel in its use and roll it about in the mouth as an epicure does his choice morsel. Like a cloak it is made to cover a multitude of sins, and bad temper, selfishness, hasty speech, unkind criticism, envy, hatred, malice and all the follies and foibles of the human race are charitably attributed to nervousness.

Take Webster's unabridged dictionary and you will find:

"Nervous: possessing nerve; sinewy; strong; vigorous; forcible; spirited; possessing or manifesting vigor of mind; characterized by strength in sentiment or style."

The use of nervous to denote strength, vigor, force, spirit, etc., is almost obsolete. The many who idealize nervousness, regarding it as a quality which denotes superior mentality, unusual moral force, great delicacy of feeling, and in fact all the attributes which tend to make a mortal superhuman, would find their delicate sensibilities jarred if they read Webster's second definition, namely: "Having the nerves weak or diseased; subject to or suffering from undue excitement of the nerves; easily agitated; weakly."

No normal person wants to be diseased or weakly or suffer from undue excitement of the nerves, so why nurture and caress and idealize such an obnoxious word?

It is not surprising that the four-year-old who heard "nervous" constantly and indiscriminately used by his parents, should ask when he saw his mother in a party dress: "Mamma, is that your nervous dress?" and exclaim to his father: "Papa, the butter was so nervous at lunch that nurse

could not spread it on my bread, it was all in lumps."

A little maid of seven frequently addresses her dolls in these words: "Now children, this is your nervous day and you must all of you do everything naughty that you can think of, and then when it is time for me to be nervous, I'll give you all a good whipping and put you to bed without your suppers." Then she acts for each doll, screaming for one, crying for another, flinging things about for a third, tearing her clothes for a fourth, stamping her foot and shouting: "I won't!" for a fifth, pinching and slapping for a sixth, and throwing herself on the floor and scowling and kicking for a seventh. After acting the different characters a number of times, she returns to herself, and assuming a worried expression of countenance, exclaims: "Children, I am so nervous with your noise that I will have to punish you," then ensues chastisement and the putting to bed.

Mrs. McCormack, our washerlady, as she calls herself, wants it understood that her children are as good as anybody's, and just as delicate and fine as the children of them that never put their hands into a washtub, and she says to anybody whose ear she can gain: "Indade, I don't wish to be boastful, but me Mary is so narvous that when she makes mud pois she puts more mud on her dress than she does inter them. And Johnny is that narvous, too, that whin I take the strap to bate him, he cries whin I don't hit him hard enough to hurt a misketer; and whin I tell him to quit his noise, he screams an' yells so loud that I sthop, fearin' me neighbors

moight think I was after killin' him. There ain't anybody has children more narvous than me own two."

Recently a friend called to see a sick lady, and a few minutes later the lady's little girl, aged eight, came from Sunday school, leading by the hand her boy cousin five years of age. He was a handsome, healthy robust-looking child. The little girl ran into the room, exclaiming in a tone of horror: "Mamma, Crosby didn't know the Golden Text. He told his teacher that auntie taught him the wrong one, and he wouldn't sing his hymns, and he made faces at the teacher all the time, and——" but her mother interrupted with, "Stop! my little girl must not tell tales;" and turning to her visitor she said, in an audible whisper: "He did all that on account of his nervousness. He is the most nervous child you ever saw, so his mother does not like to punish him." Turning to the child she said in her most coaxing tones: "Take off your hat, Crosby, and come and shake hands with this lady." The boy did not remove his hat, but stepped back a few paces and treated the lady to grimaces during the rest of her stay. His grimaces were remarkable for two things: the astonishing contortions of the features, and the rapidity with which they followed each other, proving that Crosby must have had considerable practice in the art of making faces.

One day a scholar in the Packer Collegiate Institute told her teacher a falsehood. She was sent to Prof. Crittenden's office, and he wrote a note to her parents, asking one or both of them to call and consult with him about the affair. The next morn-

ing the girl's father called upon the professor, and after some conversation said: "I hope you will excuse Nellie; she is so nervous that she did not think when she told that falshood." Prof. Crittenden exclaimed with his usual quickness: "My dear sir, is it as bad as that, your daughter has to stop and think before she can tell the truth?"

My sister and I had charge of a department in a large private school for boys in New York, and every fall when new scholars were admitted the mother or father of each boy would tell us that her or his son was the most nervous child in the world or exceedingly nervous. It mattered not whether the boy was seven years of age or fifteen. Some would aver it with many solemn shakings of the head, while others mentioned it with a ring of pride in their voices. The boy was generally within earshot during the announcement, and for a number of days he would bring forth his nervousness as an excuse for poorly done work, slipshod recitations and restless conduct. When he learned that nervousness did not occupy the place of honor in that school he fell into line and did nobly.

A little friend has been growing paler and thinner for the past six weeks; on my asking her mother the cause, she replied: "Oh, she is so nervous that she will only eat a few kinds of food and so little each day that I am afraid she will go into a decline. The doctor advises her going to Florida, so I will send her there with her grandma and aunt next week." The little girl confided to a school-mate that she tried not to eat much, because it made people stare and won-

der and declare it was marvelous how she could live on so little food. Fortunately, her aunt is sensible and vigorous and will make the child take exercise and stay out of doors as much as possible. She declares that before they return the lilies in her niece's cheeks will be supplanted by roses.

A cousin who spent the day with us a short time ago has a little girl and boy who are so healthy and hearty and happy that it is a pleasure to look at them. While talking about the children, their mother told us repeatedly that they were both excessively nervous. For years I have been fighting against the use and abuse of that woful word, so, catching my opportunity, I shook my head sadly and with a sigh said: "What a pity it is that those beautiful children are diseased and will probably become more so every year of their lives. Who would think it to look at them?" Then was the mother roused and in excited tones she exclaimed, "Diseased! My children diseased! They are *not*, they are *perfectly healthy*! They have never taken a half a dollar's worth of medicine in their lives! When they had the whooping cough and the measles they never stayed in bed an hour, but played around the room and ate all their meals! Who said they were diseased?" I answered, "You did, you declared they were both excessively nervous, and according to Webster, nervous is having the nerves weak or diseased, weakly." She replied: "Well, they are neither weak nor diseased. I never knew nervous meant that. My little girl and boy are hardly ever still a moment, they are so full of life, and I called it nerv-

ousness. But I assure you I will never apply that word to it again. The idea of my saying anything which would make people think my darlings were diseased! I'll consult the dictionary after this when I am not sure of the precise meaning of a word."

And now how can the children be made less nervous? First, try the mental cure, that is: Do not tell a child he is nervous. Do not in his presence tell somebody in an audible aside that it is nervousness which has made him do what he should not have done. In fact, eliminate the word nervousness from your vocabulary. If a child is restless, or saucy, or lazy, or languid, or noisy, or timid, or cross, or selfish, or disobedient, or in truth anything that you do not want him to be, call the fault or failing by its proper name. The child will soon understand exactly wherein he has done wrong instead of confounding his misdeeds under the idea of nervousness.

Secondly, try the physical cure, which is plenty of sleep, abundance of good plain food *well masticated*, indoor amusement and all the outdoor air and exercise that can be obtained. I underscore *well masticated* because so many children are allowed to neglect that duty. At school most of the scholars, boys in particular, bolt their food. If parents would only give a little more attention to the bending of that twig in the right direction, it would soon be well inclined.

What a glorious change there would be in this world of ours if faults were boldly attacked and amended under their own names, instead of being condoned and tucked away under that everspreading and elastic covering, nervousness. The only way to accomplish such a result is for each person to annihilate as much of that elastic covering as possible. "You in your little corner, I in mine."



BROTHS AND SOUPS.



THE first point to remember and impress well upon the mind, in making broths and soups for the nursery, is that good material must be used, and that the meat must be treated in such a manner as to extract the nutritious juices. This cannot be done by using hot or boil-

ing water, which, incredible as it may seem to those who know better, is frequently done. Cold, unsalted water must be used and the meat should be allowed to soak in the water for an hour or more before it is subjected to heat. Even then it should only simmer (not exceeding 160° F.) for several hours. At the last it may be boiled for one

or two hours to dissolve the gelatine of the bones, if they are used, the flesh and the tissues. This is not necessary when chopped or scraped meat only is used, as a continued low temperature will produce a very nutritious broth. The time for simmering may be regulated by the requirements of the household, the minimum time being two hours. If the broth is to be used the same day, it is well to have the meat delivered at an early hour, as this will allow ample time for the entire process before the hour of nursery dinner, using ice for cooling, and skimming as directed before. It is preferable, however, to have it made the day previous, as then it can be more carefully done, and every particle of fat can be removed. As I have already said, fat plays a very important part in nursery diet, but it is not to be served floating upon poorly made soups. The greatest care should be exercised in this direction.

Chopped lean beef or mutton, a half pound daily, with one pint of water, different vegetable seasonings, with a little veal added to the broth occasionally, should give sufficient variety for any nursery, with the addition of milk and chicken broths. Yet, if for any reason it is desirable to have something different, there are many well-recommended recipes from which to select. Rice, tapioca, barley or sago may be added to beef or mutton broth, half a tablespoonful to the pint, cooked the entire time, that they may be thoroughly dissolved. Different vegetables may be added in the same way to give variety, spinach, celery, onion and cauliflower being especially useful from a dietetic standpoint. Maca-

roni in its various forms may also be used, and is a pleasant change. Children usually prefer that which comes in shapes and letters. A few minutes will suffice to cook it. If, in making broths, the measure given is reduced by boiling, add sufficient water to keep it to its original quantity. When using parsley for seasoning, do not mince it in the usual way. Children will frequently object to it, and by boiling a bunch of it with the broth, the same result will be attained. This applies as well to celery, spinach, cauliflower and onions. Children have been educated to eat these vegetables, without any trouble beyond first introducing them into some favorite soup, not using too much at first and having even that pressed through a puree sieve, gradually increasing the quantity until the taste is acquired. This is not always necessary, as in some instances children take kindly to and enjoy them from the first. The suggestion is given for those mothers who find difficulty in getting children of three or four to eat juicy vegetables, which are an important adjunct to nursery fare.* Cooks should be instructed to save all the water in which these vegetables have been boiled (taking it for granted that they have been properly washed),

*[The value of these vegetables is not so much from their nutritiousness, which is not very high, as because of the salts they contain and because they are to many palatable. By reason of the salts they are useful as preventives of scurvy, a disease, however, not common in childhood, except when the diet has been particularly restricted. They should all be very thoroughly cooked, and if pressed through the puree sieve will generally agree. But for some digestions the flatulent tendency of the onion and cauliflower cannot be gotten rid of even in this way.—Ed. *Babyhood*.]

as there is nothing more delicious to add to stock than these flavored waters. They can also be utilized in making milk broth, which is nutritious as well as stimulating. Many an adult who dislikes milk, hot or cold, would be surprised, were he to try it, to find how palatable a well-seasoned hot milk-broth can be, and how quickly it drives away that tired feeling which is the natural result of a busy day.

In making broths or soups, use agate, porcelain or earthenware; metallic utensils give a bitter taste. A close cover is also necessary, to prevent evaporation and keep out the dust.

The first recipe given will prove a comfort to busy mothers, as children rarely tire of it, and it can be made in quantity—keeping perfectly in a cool place. There is very little labor connected with this portion of the dinner to be prepared daily, beyond changing the seasoning from day to day. Another point in its favor is that it is thin enough to be taken from a cup or glass; consequently, the busy mother is free to attend to the remainder of the dinner, or to take a moment's rest whilst the little ones are enjoying their broth. Little children are generally better able to handle a cup or glass carefully than a spoon. These things may appear trifling to many, but a few moments' rest is a priceless boon to a tired mother, who too often pays little attention to her own requirements in this direction.

Beef Broth.

The materials needed for this broth are chopped lean beef, and cold, unsalted water—in the proportion of a

pound of meat to a quart of water—and one large onion, cut into pieces. Soak the meat and onion an hour or more in the cold water, in the vessel in which it is to be cooked. Place it upon the back of the range. If on a gas, alcohol or oil stove, use a double boiler, and keep the heat moderate by regulating the flame. Keep covered and allow it to simmer, keeping up the original quantity of water for three hours at least—six will be better. Let it cool over night; remove the fat in the morning, and keep covered in a cool place until needed. By reheating the entire quantity every time that some of it is used, it can be kept for several days. The variety of seasoning should be considered when preparing the dinner for the general household, as labor is thus economized. For instance, if spinach is to be cooked for late dinner, a portion of it pressed through a puree sieve, with some of the water in which it was boiled, should be saved for the children's soup next day, being careful to put it away in china, glass or agate, closely covered. (Spinach, to be delicate, must be boiled in plenty of water). Celery may be used another day in the same way; cauliflower, rice, barley, etc., in fact, the entire gamut may be run, with no fear of tiring the little ones by an endless succession of plain beef broth. Alternate the above with either of the following soups, as they may fit in with the general household cooking; but it is advisable to have the beef broth on hand at all times, to be provided for emergencies.

Milk Soup.

Ingredients required:

One pint of milk, one quart of boiling

water, two onions, salt, a piece of butter the size of a walnut, one heaping teaspoonful of flour.

Boil the onions tender and press through a puree sieve into the water in which they were boiled, using an agate saucepan, adding sufficient boiling water to make a quart. Season with salt; add the milk; rub the butter and flour together and stir into the soup, bringing it to the boiling point, stirring all the time. Serve hot, as a tepid milk soup is abominable. By the time the little ones are ready to take it, the temperature will be about right. This soup may be varied in endless ways—with the vegetable waters indicated above, vegetables, chopped oysters, chicken jelly, etc., etc.

Chicken Broth.

Cut up a fowl, not a young chicken, into small pieces, rejecting the fat and skin, unless the latter is white and tender, cover with cold water and simmer gently for six hours. Cool, and remove the fat. A four-pound chicken will make two quarts of broth. A little gelatine dissolved in every cupful is useful in cases of convalescence, especially during digestive difficulties, and it may also be used generally in the nursery.

Chicken milk is a particularly delicate preparation and can be made readily from the above, if the broth has jellied. If not, it must be further reduced. Put in a saucepan a stalk of white celery and a stalk (not leaves) of parsley, with a little salt; add a pint of the chicken jelly, with some of the meat, and boil until it falls from the bones. Strain and add the same quantity of fresh milk, presupposing

that the pint of chicken broth has been kept intact. Bring this to the boiling point three times and strain into a cup. This is very nutritious and forms a slight variety.

Barley Broth.

This broth is also desirable for nursery use. Take the best end of a neck of mutton or lamb, cover with two quarts of cold water and add a teacupful of patent barley. Let it stand upon the back of a hot range for an hour, then move it forward and let it simmer for five hours, adding the vegetables desired, cut into small pieces, at this time. Cool over night. Skim and season with salt. It is almost impossible to skim mutton broth thoroughly, unless it has stood over night. Anyone trying to do so will be easily convinced of this.

Dr. Leo tells us in *Food, in Health and Disease* that

"Soup at the beginning of the dinner has been objected to on the ground that it diminishes digestive power by diluting the gastric juice, and this objection is valid if a *large* quantity of badly-made soup is taken. But it does not apply to a small quantity—4 to 8 oz.—of well-made clear soup. Such a fluid disappears quickly on reaching the stomach, as it is rapidly absorbed by the blood vessels, and interferes in no way with the gastric juice. Its value at the commencement of the meals depends on the fact of its rapid absorption and entrance into the blood, so that the hungry man is quickly refreshed."

This will explain to many the use of well-made soups, and will also indicate the preference for the light broths, unless, as occasionally happens, the soup is made the principal feature of the meal, which should not occur in the nursery.

It is permissible, perhaps, for an adult to make a hasty lunch upon rolls and thick soups, if desired, but a child's needs demand something different. The fact must not be overlooked that a child's midday meal is

its dinner, and that it should receive the same amount of care that is given to the later dinner prepared for the adult members of the family.

LOUISE E. HOGAN.



*BABY'S LIBRARY.

IN a suggestive article upon "The Choice of Books for our Children," published in the February number of *BABYHOOD*, the writer says that just as the mother regulates the periods for food, rest and exercise of her child, she will in time realize, by the first interest shown by the baby in books, that she must begin to collect those that may instruct as well as amuse, and that she will always be the child's educator, the first and never-ceasing one. It is the intention in these papers to speak briefly, not only of new literature suitable for baby, nurse, and mother in the nursery, but of the good old books as well—those that should never be lost sight of in this preparatory method for laying the foundation for the child's education. It is the purpose to omit entirely all

mention of books unsuitable for children on account of the element of fear involved. Great difficulty is usually experienced in finding language simple enough for the comprehension of the very young child who is just beginning to enjoy stories, and if these stories are to hold the attention of the child, they must be built up by the use of the words ordinarily understood by the three or four-year-old.

Amongst books of this kind, in which will be found little tales in rhyme and prose, are two from Lee & Shepard, Boston: Mrs. Follen's *Little Songs*, and *New Songs for Little People*, and *Songs for our Darlings*, the latter edited by "Uncle Willis." Each book is illustrated with over one hundred engravings and the price in paper is 30 cents; in board, 50 cents.

A "Baby's Complaint," in *Songs for our Darlings*, might wisely be read to nurses and mothers instead of to children. It begins:

Oh, mother, dear mother, no wonder I cry!
More wonder by far, that your baby don't die!

*For the convenience of the readers of the magazine, the publishers of *BABYHOOD* will fill orders for the books mentioned in this review. Remittance for the price must accompany the order. The books will be sent postpaid.

No matter what ails me; no matter who's
here;
No matter how hungry "the poor little
dear,"
No matter if full, or if all out of breath,—
She trots me, and trots me, and trots me to
death!

Another little book from the same publisher is *Happy Time Fancies in Rhyme*, by Emma Lee Benedick (50 cents). The author says in her preface: "Most children have an innate love for jingling rhyme. Whether this germ force shall be frittered away

The house of F. Warne & Co., London and New York, publishes delightful books for children of all ages. Their *Wonder Series* (15 cents each) is particularly suitable for the little tots, as are also their *Animal Books* (50 cents), in which the pictures are so lifelike that correct information as to the appearance of animals must necessarily follow the constant handling given such books by their owners. This fact is of import-



FROM TWENTY LITTLE MAIDENS.

over 'Ring around a Rosy,' or other less harmless ditties, or laid under contribution as an educational factor, is a question for those entrusted with the development of little children."

How Froebel would have delighted in the spirit embodied in "Robin's Refrain," the first stanza of which says:

"Everything's at six and sevens,
Everybody's going wrong;
Life's a stew, but Robin Redbreast
In the tree-top sings his song,—
'Oh, be cheery, always cheery.'"

ance in educating, as it is chiefly by environment that very young children can learn without suffering physically; hence, whatever can be absorbed readily and correctly should be sought for by mothers. From the same house comes an extension book of pictures called *Happy Hours*, designed in England and printed in Bavaria (50 cents), which, when set open, gives a panoramic view of the day's doings of some happy little children. *Mother's Bed*

Time Tales, published by Thomas Whitaker, New York (75 cents), is a collection of simply and pleasantly told stories, by Mrs. George Paull, author of *Ruby and Ruthy*, published by Estes & Lauriat, Boston. These tales can be comprehended readily by children from three to six, and will be of interest to older children as well. The charm of Mrs. Paull's stories lies chiefly in their simplicity and in their illustration of those homely virtues so desirable to implant in the hearts of the young.

The Nursery.—Illustrated Stories and Poems for Little People—with nearly two hundred original illustrations—published by Estes and Lauriat, Boston, (\$1.25) is an attractively bound book, containing many pretty tales and rhymes that will not only please but instruct, and the book is calculated to add materially to the vast fund of information necessary for mothers to possess—to answer satisfactorily the eager questionings of their little ones who are just awakening to the fact that things are fashioned in some way not apparent upon the surface.

Several books of special value to mothers are published, by Putnam's, New York, in their *Handy Book Series of Things Worth Knowing*, one of which is *Infant Diet*, a lecture by A. Jacobi, M. D.—Edited, enlarged and adapted to popular use by Mary Putnam Ja-

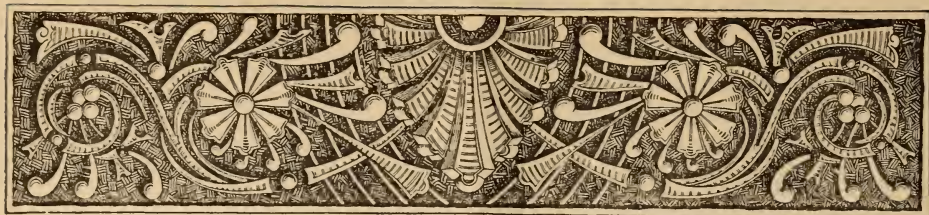
cobi, M. D., (50 cents). The purpose of this book can easily be told in a single remark of Dr. Jacobi's: "Of all the questions that might be asked in relation to the child, we only propose to answer one—namely, 'What shall it eat?'"

A simply delightful book amongst recent publications is *The Gentle Heritage*, by Frances E. Compton, author of *Friday's Child*, and *Master Bartlemy*, (75 cents). It is published by E. P. Dutton & Co., New York. The illustrations are beautiful and the simple little touches of child life throughout the book are inimitable. After reading the book one must wonder again and again—as one so often does—how it can ever be possible for a little one to have occasion to say: "We asked him what they were about (speaking of books) and he showed them to us and was never impatient, however many questions we asked, *which nurse does not allow*." Is there nothing here to give mothers cause for reflection?

Twenty Little Maidens and little people everywhere will be delighted with the twenty interesting stories written by Amy E. Blanchard, daintily illustrated by Ida Waugh, and published by J. B. Lippincott Co. (\$1.50). Every little maiden is so sweet and winsome that it will be difficult to decide which will be loved the most.

THE LIBRARIAN.





THE MOTHERS' PARLIAMENT.

A Sensitive
Child Sensibly
Treated.

—In glancing over
"The Advent of Little
Brother," in the num-
ber of *BABYHOOD* for

January, I was very much struck by the lines I read, penned by a fond and far-seeing mother. "These dear little ones have their heartaches, and we parents, by wise intelligence and sympathy, can soothe and direct their minds and hearts into unselfishness and love."

I have never had a nurse for my children since they were able to toddle, believing with the writer of that little sketch—"that their happiness and usefulness in later life depended upon a right start at this early period." Yes, "these dear little ones *have* their heartaches," as in my experience I can testify.

I recall a circumstance in the life of my tiny girl: I sat in a sunny bay window, filled with flowering plants, where I do all my mending. My tiny girl, then four years old, always sat near with books or dolls. For three days she had watched one of the lovely flowers coming into bloom, really desiring to pick it off. I always said as she smelled it and petted it: "Be careful, dear, or else it will break, and then mamma's pretty flower will be all gone." The following day being rainy, I placed the plant upon a bracket in the piazza, to "enjoy" the rain, leaving it there

till the next day, when I met my little girl upon the piazza, with the flowering branch in her hand. I exclaimed: "Now, Thekla, I am really vexed; you've been trying to pick that flower ever since it bloomed." The poor little tot held up both arms to throw around my neck, and with a choking sob, exclaimed: "Oh, mamma! I did not pull your flower; I founded it on the ground, and was coming to tell you!" I gathered the little suffering child into my arms, and told her how sorry I was to have accused her before knowing how it all was!

What nurse is there who would have stopped to find out what the circumstances were? Most probably she would have answered: "You are a naughty little story teller, and I shall tell your mother!" In a few days the child would have been repeating the phrase, calling her little brother by the same epithet. I privately examined the broken branch, in order that I might not again wound the little soul, and discovered my innocent tot had really told the truth, for the broken end was wilted, and I felt it was the storm of the night before that had torn off the brittle branch, and my child was bringing it in sympathy to show me. She expected the bread of kindness, and received a stone—hard words, and her honor doubted. Having been so far tenderly brought up,

is it wonderful that she should feel hurt and wounded?

Once, when Thekla was about six years old, a friend took her for a ramble over the fields; they were gone for an hour or two; upon their return Mrs. Blank related her experience with Thekla before the child, making her feel greatly disconcerted.

"Mrs. M.," she said, "This child got me upon a perfect string; she told me she knew a garden near by where green roses grew. I told her we would go and have a look at them, if she knew the way. The consequence is, I was led up hill and down dale—never a garden nor never a green rose; she is a little romancer, and no mistake!"

A few days later the lady left for another city, and we hardly thought of her again for two years. One day we were all together strolling around the country roads, when Thekla exclaimed: "Oh, *this* is the garden where the green roses grew." "Then we'll go in and look at them, Thekla," we all said. Sure enough; there they were—a rose bush full of really green roses. Thekla looked wistfully off in the distance, and said: "Oh, what a pity, mamma, that lady isn't here, now she would believe me!" I broke off a branch, telling Thekla we would send her a specimen by mail, as I saw she had harbored still the lady's reflection upon her truthfulness, and I wanted the child to feel the comfort of vindication. Yes, if we ourselves are careful in not blunting our children's feelings, and guard them from the thoughtless remarks of others, "there may be more happiness and usefulness found in the coming generation."—*M. M., Valencia, Spain.*

A Sad
Mistake.

—A lady who is an eminent teacher, and a universal favorite in society, told me

once that she never entered a room where there were others than her intimate friends without feeling that she was so ugly and awkward that everybody must be impressed by these unfortunate traits. Nothing could be further from the truth than that such impressions were made. On the contrary, she charms every new acquaintance.

What is the cause of this mistaken sensibility? Simply this: In her babyhood and early childhood she had been called awkward, had been told that she was squatty, that she had no neck, etc., till her nerves had received an indelible impression. There are children who cannot be injured in this way, who cannot be put down; but these are the exception. Self-consciousness is an unfortunate mental condition and a great hindrance to enjoyment of life, yet it is directly fostered by many a mother and nurse; by fathers, too, and aunts and grandmothers. The unattractive child, the sensitive child, the tender-hearted child is pushed away, often with a careless word. The impression these children get is that they are not loved; they reason from this that they are not lovable; that they do not possess the qualities that win love; hence they are shy, they do not believe in themselves—their powers remain locked.

No child can come to his best development without the brooding care of love—outspoken, expressive love. In the warmth of love the faculties are set free. What a mistake to unduly

encourage a child that happens to have an attractive face or a forward manner, and to chill the little "ugly duckling" in whom lies folded divine promise of beauty, grace and usefulness.—*Mary F. Butts, Boothbay Harbor, Me.*

Extremes of Fashion. —A friend of mine lately saw a little girl dressed in the extreme of the present fashion.

She wore skirts cut far above her knees, a belt nearly under her arms, very large high sleeves, and a great bow behind. My friend looked with surprise at the little creature, with her fashionably *hunchy* appearance, and without the least intention of sarcasm, said, "Poor little thing! She's deformed, isn't she?"

This anecdote may seem as a warning against carrying out the extreme of fashion in our little children's dress. Many of us think such extremes are a mistake for any one, old or young, but it seems especially unpleasant to see a little innocent, unsophisticated child used as a figure on which to display all the vagaries of the passing fashions. There are general fashions for the little ones which always seem in good taste and style, without imitating their elders.

During the last few years we have seen sweet little boys and girls almost robbed of the attractiveness which belongs to their age by the vanity of their mothers, and the eccentricities of fashion, regardless, as it seems to many of us, of the rules of good taste. Tiny boys who cannot speak plainly have been transformed into Jack-tars, with half of their sweet childhood lost by the metamorphosis, while baby

girls have worn great bonnets and shoulder-capes which, when they are on their feet, give them the appearance of miserable little dwarfs, little "Miss Mowchers," with immense heads and shoulders, and scarcely any legs at all. Surely all such extremes are a mistake.

It is a comfort to see that the long dresses are at last left to the children of those who do not know the last fashions, and who will drop the custom as soon as they find out their mistake. A style which robs children of the free use of their legs is very much to be deprecated, but we may hope that all the silly mothers of the world will not run into the opposite extreme now, and show us their children with such short skirts as will spoil the natural proportions of the body, making the children look like long-legged cranes. If the very short dresses are combined with short stockings, leaving the poor little legs exposed to every draught, and sudden change of temperature, we shall begin to wish for the long dresses once more, in spite of their hampering effect on the children's motions.—*A. P. Carter.*

A Simple
Remedy for
Constipation.

—I should like other mothers to have the benefit of a very simple remedy for the very serious trouble of constipation, which so many infants have. It was given to me by a celebrated child's physician.

You take one pound of dried prunes, cover them with a quart of water, and let them stew slowly until they all drop to pieces; add, while cooking, more water, if necessary; no sugar. When they are cooked to a pulp, strain

through a fine sieve, and put it away in the ice-box. It keeps for a long time in winter, in a cool place.

One or two teaspoonfuls before breakfast will keep a baby regular. You can make the dose more or less to suit the child; the little ones like it, and take it readily. I give my baby of thirteen months as much as a tablespoonful at a time. It prevents any hard substance from forming in

the upper bowel, and thus obviates constipation. If tried (a little each morning) for a week, it will make the child have easy and regular movements each day. I have given it to a baby as young as seven months, and thus done away with medicine, injections and soapsticks, and after persevering for a week or two, Nature may safely be trusted to do her own work. —P.



NURSERY HELPS AND NOVELTIES.

A Sun Parlor.

If I deemed no other act of his administration wise, I could but agree cordially with President Cleveland's recent plan of adding a Sun Parlor, so called, to his little Summer cottage at Longwood, where the babies are to be housed as early as Mrs. Cleveland can properly get them away from Washington.

The plan is simply to enclose the piazza with a set of (double) windows, all made tight and secure from possibility of the admission of cold air. The wood frame-work is everywhere made very light, that the greatest possible surface of glass may be available for the warm sun to shine in and through the healthful room thus created. It is ventilated, and if necessary heated, though this is seldom done, from the rooms of the house proper, into one or more of which it opens. But children need not be



President's babies to have identical opportunities for sunning themselves. Any house about which is a piazza, be it never so small, may have this sunny little "health sanatorium," and wherever feasible, parents should not fail to provide it. The cost of double windows for one of ordinary dimensions is far from an expenditure to be called extravagant; and if the piazza be a large one, the end of it might be partitioned off for this purpose. Have no doors opening out into the air if it can be prevented. Entrance and exit from a window opening onto the piazza would be preferable to that.

Such a room offers a regular paradise for childhood, when winter cold and snow and ice take possession of the usual outdoor playground. A small swing, hammock and chairs provide comfort and exercise where space permits, and rugs on the floor (the floor should be tightly sheathed, by the way), with the everyday accompaniment of playthings, will give the child, and just as often the mother, many a happy, healthful hour, otherwise impossible under the usual climatic conditions which prevail in our country during fall, winter and early spring.

The nearest approach to this much desired addition to home comfort is a large bow window. This is a fine place for the babies and it should be given up to them, even at the sacri-

fice of some housewifely prides or convenience. I have so surrendered my own window, but hope before another season of cold and dampness to be in possession of a "Sun Parlor." The idea is one which should be seriously considered by every thoughtful mother.

CLIFTON S. WADY.

Somerville, Mass.

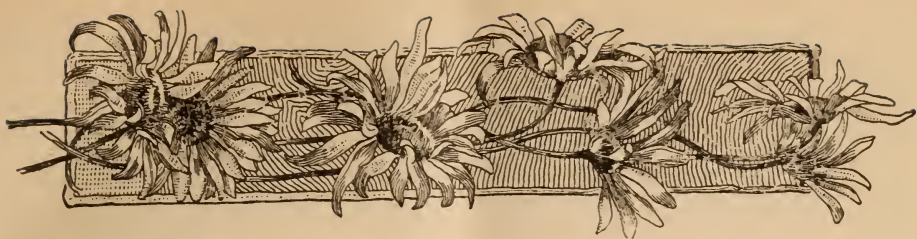
A Bagged Baby.

A friend whose husband is prone to give short notice of opportunities to drive contrived a way of wrapping her baby quickly. She bought some gray eider cloth, and made a bag of suitable length, lined and wadded it, and finished it with a casing in which was run an ample allowance of inch-wide pink satin ribbon. Into the bag she slipped the baby, drew up the ribbon about its neck and tied it at one side, put on the little hood, and there he was, all ready for a ride, with no buttons, or mittens, or keeping his legs wrapped. "And I can put his towels right in first, if I like," she said, "and not carry a satchel. And there is another good point about it. You know how very awkwardly a man handles a baby? Well, his father can hold him, and try as hard as he will, he can't get him uncovered. Of course, he will *wopse* him up some, but I know he's *inside*, and warm.

HARRIET E. B. LOOMIS.

West Springfield, Mass.





KINDERGARTEN-AT-HOME STORIES.

BABYKIN'S ADVENTURES.

I.

Babykins and the Jack-in-the-Box.

BABYKINS had a Christmas present. It was a pretty red box, with pictures on it, and Babykins was so pleased with the outside of the box that he quite forgot that there might be something in it that was nice, and he did not ask mamma to open it as he generally did, when he saw that a box had a cover, and could be opened. Mamma saw that he was happy looking at the box, and so she thought that she would not open it until he got tired of playing with it shut up.

She was in the next room when she heard Babykins scream, and when she came running back to see what had happened to her darling Babykins, she found the box open and Babykins crying as hard as he could cry. This was what had happened: Babykins had been having a very nice time looking at the pictures on the pretty red box, when he thought he would taste it, and see if it was good to eat. Babykins always liked to see if his playthings were good to eat, and he thought that this box would be very nice because it was so bright and pretty. He was such a little boy that he had not yet learned that pretty

things are not always good to eat. He had put it up to his mouth, and was trying to take a taste of it, when all at once the box flew open, and with a squeak a funny looking little man with a woolly head jumped out in his face. I think it was enough to make any baby cry to have a box act that way. It is not very pleasant to have a man jump in your face, when you are not thinking of such a thing, and only wondering whether a box is good to eat.

Mamma picked the box up, and showed Babykins that the woolly man would not hurt him, and that he had only jumped up so suddenly because he was squeezed down so tightly in the box. She opened and shut the box slowly several times, so that Babykins could watch the man come out, and bye and bye Babykins smiled through his tears, and wanted to take the box in his own hand, and let the man out. "I think you would jump out as fast as Jack-in-the Box," said Mamma to Babykins, "if you were shut up as tight as he is. You would be so glad to get out that you would bob up as fast as you could."

II.

Babykins and Mrs. Noah's Head.

Babykins was playing with his Noah's Ark. He liked to play with his

Ark, and he had found out that if he took hold of the little woden tails of the animals, and pulled very hard with his little fat fingers, they would come out, and that was great fun of course. Babykins liked to pull things to pieces, and then he liked to watch Mamma put them together again. He would take the animals, and Mr. Noah and all his family, out of the Ark and stand them up on his little table, and then with a great shout he would knock them all down.

Once the elephant's trunk came off when he tumbled down, and Mamma made a very funny mistake when she mended the animals the next time. She put the elephant's trunk on the cow for a trunk. Wasn't that a funny mistake? You can guess how the poor cow felt with a trunk, and the elephant must have been very lonely without his trunk. But it was not very long before Babykins pulled both the elephant and the cow to pieces again, and this time Mamma put them together as they should have been, so they were happy again.

One day Babykins was playing with Mrs. Noah, and pounding her upon the table, when all at once her head came off. This delighted Babykins, for he had not expected that this would happen. He picked her head up and looked at it. It was a funny little round thing with a blue hat on.

Babykins wondered if it tasted good. He put it in his mouth to see. It was not very nice, but Babykins nibbled at it, and thought it might taste better perhaps when he should have eaten a little more of it. Bye and bye Mamma looked at Babykins and saw a little blue stream running

down his chin. You can imagine how surprised she was.

"Why, Babykins, what have you got in your mouth," she said, and then dear little Babykins, who thought Mamma wanted to see his new tooth, opened his mouth and smiled at her. There was Mrs. Noah's head, with all the blue paint from her hat running down Babykins' chin.

You may be sure that Mamma took poor Mrs. Noah's head out of Babykins' mouth, and washed all the blue paint out of his mouth. She did not like to have him eat Mrs. Noah's head, for she was afraid that it might make him sick. She glued Mrs. Noah's head on again, but it never looked quite as well as it did before Babykins had tried to eat it.

III.

Babykins Writing a Letter.

Mamma was writing a letter to Papa, and Babykins was helping her. Babykins helped Mamma in almost everything she did, so of course she could not write a letter to Papa without her little boy's help. He sat in his high chair by the table, and pounded with his rattle, and laughed and talked in his dear little fashion that only Mamma understood, and whenever he could reach it, he made a grab for her pen. This was the way Babykins helped.

Perhaps some people could not have written a letter if they had had such help, but Mamma was used to having Babykins' little fat hands grasp at whatever she was using, and perhaps she could not have written the letter without Babykins. Papa would understand the letter too, for whenever there was a long waving line that did

not look like Mamma's writing, Papa would know that was when Babykins had grabbed the penholder, and tried to take it in his own hands.

Bye and bye Babykins was very quiet, and Mamma almost forgot that he was helping her. At last she looked up to see what he was doing, and can you guess what mischief she found him in? He had opened the stamp box, and was playing with the stamps. Such nice things they were, he thought, and they soon grew so sticky as he played with them that they would stay wherever he put them. He had rubbed his little hand over his face, and there was a stamp on his cheek, just as if he wanted to be sent off in the mail to Papa himself.

"Would you like to write a little bit to Papa, yourself?" Mamma asked. Babykins put up his little mouth for a kiss, which was his way of saying "Yes."

"Would you like to tell Papa that you love him?" Mamma asked, and Babykins kissed her again.

Then Mamma wrote at the bottom of the letter: "I love you dear Papa," and she put the pen in Babykins' hand. Such a funny sprawling mark as Babykins made, but when Papa got the letter he kissed the place, for he knew it was Babykins' mark.

MRS. M. E. PAULL.

Two Little Seeds.

Once, a long time ago, two little dandelion seeds sat side by side on the snowy white top of a tall, green stalk, with more than twenty of their sister seeds, all swinging merrily in the soft breeze. They were very happy, though they were soon to fly away to

find new homes of their very own, there to blossom at last into beautiful yellow flowers after the warm sunshine and gentle spring showers had helped them grow, from tiny seeds, first into slender green stalks holding tightly closed little balls, that opened just a tiny bit, each day. And if any little boy, or girl, had been near to watch them, they might have seen some pale leaves folded closely together; after a few visits from the bright sunlight that kissed them tenderly each morning, the white leaves changed to pale yellow rays that grew deeper, and more golden, until they became the brightest, cheeriest little flowers, looking like little gold buttons scattered over the grassy fields. Most of the little seeds were glad that they should some day be so beautiful; though they knew they must first take a long sleep in the dark earth. But spring time would surely come, so they could wait patiently.

"I hope I may come up next year, in this very field, under this dear, old tree; I like to watch the leaves move, and hear the birds sing, it makes me glad to be alive; it is such a beautiful world!" said one little seed. "I don't care where I live," said the other little seed. "I don't think it's a very nice world for us; if we could grow into big, red roses, like those in the garden, or tall white lilies, then I should like to be a flower, but it's nothing to be a dandelion, nobody cares for them."

"Some people do," said the sister seed, softly. "I saw a little girl who carried home a great bunch of dandelions; she thought they were pretty. God made us grow, He wanted us to

be dandelions, so I'm going to be happy, and do my best, perhaps some one may be glad to see me, when I am a flower."

Just then the breeze came, and carried the little seeds away, so the tall stalk was left quite alone.

"Oh, where am I going?" cried the naughty little seed, as it flew swiftly over the big field, through the cool, dark woods, and across a little stream, until, after what seemed a very long time, it fell to earth again, and lay among a strip of straggling grasses, close to a dusty road. It was not a pretty home, and the little seed missed the mother-stalk, and often wished for its happy little sister. The sister seed did not take so long a journey, for the kind wind left her just where she wished to be, in the big field, where she had always lived.

When summer was gone, the roses, and lilies, as well as the wild-flowers, went to sleep; and the trees let their brown leaves fall on the ground, to make a warm bed for the flowers; and the snow came to give them a drink, sometimes, while they took their long nap; and all the while the little seeds were growing.

When spring time came, the good little dandelion sprang up first of all the flowers in the wide field. Its tiny stalk held the little yellow flower proudly. And the happy children said: "Here is a dear little dandelion, the first of the season, now Spring has come, for good!"

"Let me pick it," said a little boy.

"Oh, no; leave it here for some one else to see," said the little girl, "it is such a pretty one."

So the little flower lived its short

life. It had done its best.

The other little seed came up too, among the grasses, where it shone like a little yellow sun with many rays. When it had bloomed for one whole day, a man picked it. How strangely the little flower felt. "But I shall see something of the world," it said; and was just a little bit happier. It was very dark in the basket where the man had dropped it, and the dandelion traveled more slowly than when guided by the south wind, till after a long time the basket was opened, and the little flower was placed on a table in a low room in the crowded city.

"I picked this for Dorothy," said the man, "it's only a dandelion, but I thought she'd like it."

"Oh, yes, indeed," said Dorothy's mother, "and it has a root, too; I guess it will grow." She filled a little cup with earth, and placed the dandelion in it (it was a pretty cup, with a brown lamb painted on one side, and daisies on the other). A cool drink made the flower quite bright again. Then it was taken upstairs to Dorothy.

Dorothy was as pale as the snow-drops and little white flowers that grew in the field where the dandelion lived when it was a tiny seed. She stretched out her little hands, and took the flower. "Oh, it is so pretty," she said joyfully, "is it real? and will it keep on growing, growing, all the time? I am so glad to have you, dear little flower!"

All the naughty thoughts left the little flower's heart when it heard this; it knew, now, that it was really of use in this big world, so it was bright and happy all the rest of its little life.

Philadelphia.

MARY H. PRICE.



NURSERY PROBLEMS.

Coated Tongue.

To the Editor of BABYHOOD :

Can you give me any clue as to what form of indigestion a tongue covered with alternately red and white patches belongs? It is almost always so, more pronounced in the morning. Grating her teeth, swallowing, sudden startings in her sleep are more or less present in the case of my little girl. She always has a good even appetite for her meals three times a day. Her bowels are regular, but such a tongue cannot be natural and there must be some cause for it. Trivial in itself, it seems a signal that something is wrong, and it seems to me that at five years of age, with the care she has had, her stomach ought to begin to be in perfect health.

2. Will you kindly give me a dietary for a child of her age. Variety for the meals is difficult, I find, and so little is said about children as old as she, who are supposed to "eat everything," according to the advice of the neighborhood.

H. W. L.

New York.

It is by no means certain that such a tongue is due to the condition of the stomach at all. If it represented a catarrhal stomach trouble we should not expect such uniformly good appetite and regularity of the bowels. There are various disorders of the mucous membrane of the tongue itself (the familiar sprue is one you probably have seen) and your child may have one of them. Have you ever shown the tongue to a physician familiar with such things? We would suggest that you do so.

Some good dietaries were given in

the last number, and you will find more in the present one.

Sterilization.

To the Editor of BABYHOOD :

Do you recommend in all cases to sterilize milk for Baby's use?

Describe how milk is sterilized, and mention a few of what are considered the best sterilizers.

A SUBSCRIBER.

Weymouth, Nova Scotia.

We do not ; but, as a rule, whenever any uncertainty exists as to the quality and cleanliness of the milk (and in practice this doubt always is present in connection with commercial milk), we think it better to sterilize. Sterilization has its disadvantages, but the balance of advantages is in its favor.

Sterilization is simply accomplished by heat. Boiled milk is sterilized, but the boiling heat is not necessary. Milk heated to 165 or 170 degrees F. in a double boiler or farina kettle, and poured into perfectly clean bottles which have lain in boiling water would serve all ordinary requirements of sterilization. But the sterilizers sold as such are arranged so that the milk can be sterilized by the use of steam or of hot water in the bottles in which it can be kept, and from which it is to be given to the infants. Arnold's Sterilizer and Freeman's Pasteurizer (for sterilizing at a lower temperature than boiling) are the best in general use.

Questions Concerning Feeding; Possible St. Vitus' Dance; Want of Symmetry.

To the Editor of BABYHOOD:

(1) I have two babies, the older is a boy of two years and five months, and weighs thirty-four pounds. He was almost at death's door all last summer, suffered from indigestion, and could not take milk at all. He now drinks a pint of milk each day; is that a sufficient quantity? Should I sterilize it? What diet would you suggest as likely to agree with him?

(2) He has a way of twitching his mouth to the left side, some days does it very often, then I do not notice it for several days in succession. Does this indicate nervousness? Is it a symptom that should cause alarm?

(3) When he was three months old he had an eruption on cheeks and head which the attending physician called "milk crust;" it disappeared after the use of a blood-purifier; now, for the past two or three months, there has been an eruption on the front of his leg which seemed to itch, as he scratches it constantly. What can I do for this?

(4) One side of his face, one cheek, appears fuller than the other. Can I correct this by laying him on the opposite side? On which side should he lie to develop the smaller side?

(5) My younger baby is a girl of nine months, has three teeth, and another almost through, is very playful and appears to be in perfect health, but is, and has, always been very wakeful and restless at night; is pale and seems to crave food, bread, rice, etc. Would you advise me to nurse her? Or should I feed her in addition to nursing her? How often should she be fed or nursed?

Sedalia, Mo.

A. P.

(1) We shall not be able to answer your questions with definiteness for want of definite information.

Your little boy weighs as much as the average of his age, which gives a presumption that he is sufficiently well nourished. We infer that the pint of milk is not his entire food, only a part.

But as nothing is said regarding what his other diet is, we cannot tell you if it is right or not. The diet of a child between two and three years of age always includes a good deal of milk, usually some plain soups or broths, stale bread and butter, cereals, such as oatmeal or wheat mushes, eggs soft boiled, or a small piece of underdone beef or mutton very finely cut or scraped, once a day, and if the digestion is good, baked potato or rice. Just which and how much your child can take we do not know. You will find in the last number some suggestions for dinners. The milk need not be sterilized if you can get it very fresh and pure.

(2) This is probably a suggestion of chorea (popularly called St. Vitus' dance). Possibly, however, it may be excited by the irritation of a coming tooth.

(3) The milk crust was doubtless eczema and the other eruption is probably the same. If you have many back numbers you will find something on the subject. But you can do little for it except by the advice of a physician.

(4) You would better find out if possible what is the cause of the want of symmetry. It is doubtful if at his age he has any disorder that could be modified by pressure in lying.

(5) Very likely she is not fully nourished, and probably she would be the better for some food (liquid food, of course, such as cow's milk and water) in addition to the breast, with complete weaning by or before she is a year old. Five meals in twenty-four hours will probably be enough.

Unnecessary Sweetening of Cereals.
To the Editor of BABYHOOD;

(1) My boy at three years weighed 36 lbs. and stood 36 inches in his shoes. Is he undersized?

(2) He is not a hearty eater, objects to meat, and does not care for cake or sweetmeats. He is very fond of fruit and crackers. He eats no vegetables but potatoes, but makes two meals on the cereals eaten with sugar and cream. His dinner is broth or soup with potatoes, but he will eat very little bread. His meals are taken at 7.30; 12.55; 5.55. He drinks a cup of milk at bedtime, 6 o'clock. He asks for lunch at 10.55 and 3.55. I often deny him food, thinking he may eat more at meal-times.

Is he sufficiently nourished? Would you

advise the lunches of oatmeal or graham crackers? J. J.

Stoneham, Mass.

(1). He is not undersized.

(2). We cannot answer, since you do not give amounts. Why does he not drink milk as most children of his age do? You mention but one cup in the day. If the cream be really partly milk and taken in good quantity, it may give him enough albuminoids.

Why are his cereals sweetened? You say he does not care for sweetmeats, and sugar on oatmeal is generally used only as a bribe.



CURRENT TOPICS.

The Blessings of a Couch.

A room without a couch of some sort is only half furnished. Life is full of ups and downs, and all that saves the sanity of the mentally-jaded and physically-exhausted fortune-fighter is the periodical good cry and momentary loss of consciousness on the upstairs lounge, or the old sofa in the sitting room.

There are times when so many of the things that distract us could be straightened out, and the way made clear, if one only had a long, comfortable couch on whose soft bosom he could throw himself, boots and brains, stretch his weary frame, unmindful of tidies and tapestry, close his tired eyes, relax the tension of his muscles, and

give his harassed mind a chance.

Ten minutes of this soothing narcotic, when the head throbs, the soul yearns for endless, dreamless, eternal rest, would make the vision clear, the nerves steady, the heart light, and the star of hope shine again.

There is no doubt that the longing to die is mistaken for the need of a nap. Instead of the immortality of the soul, business men and working women want regular and systematic doses of dozing—and, after a mossy bank in the shade of an old oak, that succeeding seasons have converted into a tenement of song birds, there is nothing that can approach a big sofa, or a low, long couch placed in the corner, where tired Nature can turn

her face to the wall, and sleep and
doze away the gloom.—*The Family
Doctor.*

Baby's Compliment.

His father and mother were both
away,
And Baby and I had been friends all
day,
Many and gay were the games we
played ;
Baby ordered, and I obeyed.

We cared not at all for the rainy sky ;
We built us a blockhouse three feet
high ;
We threw pine knots on the nursery
fire
And watched the flames mount higher
and higher ;
We hid in the most improbable nooks,
We looked at the pictures in all his
books ;
We ran in "tag" till his cheeks were
red,
And his curls were tangled about his
head.

So when the twilight was closing
down
Over the fields and the woodlands
brown,
And nurse declared he must say
good-night,
He clung to me still in the fire-light—
He trampled my gown with his rough
little feet,
He climbed on my lap and kissed me
sweet,
And as he scrambled from off my
knee,
"You'd make a good mother," said
Baby to me.
I have had compliments, now and
then,

From grown-up women and grown-up
men ;

Some were commonplace, some were
new,

Never was one of them rung so true,
Never was one seemed half so real—
Baby compared me to his ideal !

S. S. Lawrence in the Woman's Journal.

An Observation on the Terminal Verb in In-
fant Speech.

It has sometimes been asserted that the most natural position for the verb is not at the end of the sentence, and that children would not of themselves separate the participle or infinitive from the auxiliary or main verb, as is done in German syntax. I wish to record a personal observation to the contrary.

The child, W. S., twenty-nine months old, has not learned any language but English, and has not heard any sentences constructed otherwise than according to correct grammatical rules. W. S. was told to ask for some money to buy shoes, but in doing so said, "I want some money for my shoes to buy." Upon the question "What?" the sentence was repeated without change. On other occasions W. S. uses the words in the customary order, *e. g.*, "I'm going buy new shoes." The observation seems to prove that the terminal position of the infinitive is at least not unnatural.—*E. W. Scripture, in Science.*

Why Not?

"Please help me just a minute, will you, mamma?" Lucille held up the bit of bright red satin on which she was outlining, in simple stitch, a quaint old teapot, for a pretty holder.

Mrs. Harmon laid down her sewing instantly, and carefully showed the little needlewoman where the mistake had been made.

"Can she sew patchwork?" asked Mrs. Davis, a neighbor who had "run in" with her own sewing for an afternoon's chat.

"Not yet," replied the young mother, glancing rather anxiously towards the little maiden by her side. "Lucile, will you please bring mamma a glass of water?" She did not mean to discuss the question in the child's presence, evidently. Lucile ran obediently away, and her mother was free to continue.

"I am going to let her begin on

plain sewing later, but she is not ready yet, I think."

"But, Mrs. Harmon, I always thought children had to begin on patchwork and plain seams, I did!"

"So did I!" responded Mrs. Harmon with a merry laugh. "And I cordially hated sewing until I was a grown woman. And I don't mean that Lucile shall go through such an experience. The bit of work she is doing is teaching her simple stitches, and it is bright and pretty. She dearly loves to do it, and begs for it every rainy day when she can't play out-of-doors."

"I do believe it is a good plan." Mrs. Davis spoke regretfully. "I do



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not like any kind of needlework even now. The memory of those hateful seams and quilts is undimmed, and I'm afraid will always be!"

"Try my way with your Maud," suggested Mrs. Harmon.

"Don't you fear it is unsafe to make life too easy for the children? Trouble's bound to come some day. I've always tried to brace Maud for it."

"I think," replied Mrs. Harmon quietly, for Lucile's step was heard outside the door, "that a happy childhood and a faculty of finding the 'silver linings' of all the clouds that rise day by day will be the best strength

for future trouble that I could give my little girl."

"You may be right," (sighing a little). "I know Lucile is a happy child, and wonderfully sweet and bright."

"Just as long as God puts sunshine and flowers into His world, I'm going to pick out the sunny ways of doing things for my little one's world. Honestly, Mrs. Davis, is there anything particularly praiseworthy in making sewing, or anything else, disagreeable, when it might and ought, to be pleasant?"

Hasn't Mrs. Harmon the right of it? Let's try her plan, mothers.—*Jean Halifax in the New York Observer.*

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EATING BETWEEN MEALS.

BY WM. H. FLINT, M. D.

Attending Physician at the Presbyterian Hospital, New York City.

N a certain collegiate institution, not far remote from this metropolis, a member of the entering class, technically known as a freshman, presented himself at the end of his first term, for examination in the various branches of his curriculum. The result of the examinations was not flattering either to the freshman or to his instructors, since he failed to secure a sufficiently high mark to pass him in any one of the subjects upon which he was examined. Summoned before an inquisitorial committee of the faculty, to show reason why he should be longer allowed to frequent these halls dedicated to learning, he excused his failure by stating that the professor of physiology had said, in his inaugural lecture, that students bent upon simultaneously preserving their health and augmenting their knowledge should not study between meals. Upon inquiry, it was found that the professor had really said that students should not *eat* between meals, and what he predicated of students we may apply to all men, and, particularly to all children who are BABYHOOD's natural

protégés. This ancient dictum, "*You must not eat between meals*," has come down to us as an expression of popular opinion based upon the accumulated evidence of all ages. Each era has caught the refrain and mechanically re-echoed it until, classed with antique, proverbial utterances, devoid of deep significance, it no longer conveys to our generation a realizing sense of the important truth which it embodies.

It is the writer's present purpose to resurrect this semi-legendary adage, for the benefit of BABYHOOD's readers, and to show them that it rests upon a substantial scientific foundation. It will be easier for us to refrain from eating between meals, and to keep our children from so doing, if we bear in mind the reasons why the practice of consuming inter-prandial luncheons is often harmful and may become disastrous. The chief reasons for not eating between meals are the following:

(1) The stomach cannot properly digest a meal until it has not only expelled the previous one but has prepared itself, by a period of rest, for further functional activity.

(2) The chemistry of the stomach's

digestion is so deranged by the introduction of fresh aliment into that organ, before the escape of the previous supply of food, that the whole process of digestion is more or less disordered.

(3) Repeated violations of the rule against eating between meals may entail disease of the stomach, of the intestines and of the entire system.

Let us now examine these reasons a little in detail.

(1) Nature has ordained that all living things, and all the organs of which they are composed, shall pass their time in alternating rest and action. This law cannot be disregarded without entailing upon its transgressor some temporary or permanent loss of power. Even the heart, which never ceases to beat while life lasts, rests between its pulsations and thus gathers new energy for further action. The heart, the brain, the muscles, in fact all the bodily organs, must enjoy repose after activity before they can again assume and satisfactorily complete new tasks. The stomach is no exception to this general rule. It, too, must rest for a time after the digestion of one meal, in order to prepare itself for the transformation of the next installment of nourishment. This, then, is a cardinal objection to the practice of eating between meals. It is just as irrational to put a jaded trotter upon the race course, to compete with fresh horses, as to force new aliment into the stomach before it has expelled the last meal. Reason and experience show us that several hours, probably at least four, and often five or six, should intervene between the solid and substantial meals of adults,

in order that the stomach, having emptied itself, may rest before assuming another burden.

Now, while it is true that the digestive processes of children are often more rapid than are those of grown people, and that the intervals between their meals must be shorter, regularity in meal times is imperative, and the parents or attendants of children should see that no opportunities are afforded them for the irregular indulgence of their appetites. Healthy hunger for substantial foods should be regarded as the criterion for the regulation of the intervals between the meals of children. If the little ones cannot endure the long intervals between the repasts of the elder members of the family, they must have a schedule adapted to their needs, but never should they be allowed to eat except at the regularly appointed hours. In many families it may be an impossibility to provide separate tables for the children. In such cases it would be well to furnish the younger members of the family with supplementary and very digestible lunches at regular times, sufficiently remote from the adult meals to permit of their complete digestion before the children are called upon to participate in the family repasts. Bouillon, broth, or light, clear soups, devoid of fat, are admirably adapted for use at the supplementary meals. Milk, which rapidly undergoes partial solidification in the stomach, and solid foods, particularly uncooked fruits, are not adapted for use under these circumstances, since they generally remain in the stomach for several hours.

(2) The chemistry of the stomach's

digestive processes is disordered by eating between meals. The chemical reaction prevailing in the stomach at the beginning of digestion is alkaline, chiefly owing to the alkalinity of the saliva which has been mingled with the food during its mastication. This alkalinity is necessary to the action of saliva upon the starchy foods, to the digestion of which this fluid contributes. When the acid gastric juice has been secreted in sufficient quantity to overcome the salivary alkalinity, the reaction of the stomach's contents becomes acid, which is necessary for the action of the pepsin of the gastric juice upon the foods (like meat, fish and eggs), which it is able to digest. Now, it is evident that, if foods impregnated with alkaline saliva are swallowed at a time when the prevailing reaction of the food in the stomach is acid, these two antagonistic reactions will mutually neutralize each other, thus tending to impair the respective digestive powers of both saliva and gastric juice. This digestive deadlock can only be relieved by an unusual effort on the part of the stomach to digest and to propel its contents. Frequent reproduction of these conditions will almost certainly induce functional, or even, in the course of time, organic gastric diseases, to which allusion will soon be made.

(3) Our third thesis embodies the statement that positive disease of the stomach, of the intestine and of the whole system may result from the bad habit of eating between meals. The most common diseases of the stomach which owe their origin to this cause are inflammation, dilatation and thinning of the walls of the organ. In-

flammation is caused by the irritating effects of foods which are retained in the stomach beyond the period of normal digestion, and by the products of fermentations occurring in the undigested food. These fermentative products are often sharply acid and extremely irritating to the delicate mucous lining of the stomach. They are the cause of so-called "heartburn," with which almost every one is personally familiar.

Dilatation of the walls of the stomach is occasioned by the over-distention of the organ through the retention and gradual accumulation of foods, and by the generation of gases which result from the fermentation of these aliments. Thinning of the stomach's walls may finally result from their habitual over-distention. When this stage is reached, matters go from bad to worse, since, with the thinning and stretching of the gastric muscles, comes loss of propulsive power, so that the liability to over-filling of the stomach is notably increased. Inflammation of the intestine may, moreover, result from the transmission into this organ of undigested foods, in a state of fermentation and, finally, the entire system may suffer from inanition, because neither stomach nor bowel has been able to properly prepare the foods for absorption and for the nourishment and up-building of the bodily tissues.

Some children are so constituted, it is true, as to grow up strong and healthy in spite of disregarding this rule against eating between meals and other equally important hygienic laws. Since, however, such disastrous results as those above described may,

and often do, proceed from eating between meals, it is clearly our duty to lend our aid in discouraging, and in checking, this harmful practice. Thus

we may, at least, help to remove one important and almost universal source of weakness and to augment the sum total of human strength and endurance.



SOMETHING ABOUT BABY'S SKIN.

BY NATHAN OPPENHEIM, M. D.,

*Attending Physician to Mount Sinai Hospital, Children's Department,
New York City.*

ON the rug at my feet, not many days ago, two little girls of four and five years, respectively, were having a hot dispute about the origin of dolls. Gracie, the younger, contended that they must grow on trees, because they were made for the most part of saw-dust, and every one knows that saw-dust was wood, and wood was trees. Ergo—! Immediately the thought struck me that this fairly good piece of reasoning was much of the kind that we come across in the common experience of many sicknesses of children. Indeed, there has been a startling tendency to reason from the probable effect to the nearest possible cause, to make the shortest possible connection, and too often we are satisfied with any fact at all so long as we can call it—in a weak attempt at the scientific—a *cause*.

The more I see of the skin troubles of children, the more am I convinced of this. A child becomes afflicted with milk crust, or an eruption on the

face, or the parts about the buttocks and genitals become reddened, inflamed and fissured. The immediate conclusion is that the local trouble is the main one; that the cause must reside in the skin, and that consequently treatment must be applied mainly to the affected part. In a large proportion of cases this conclusion is just as false as Gracie's belief that dolls grow on trees. Moreover, it is most apt to be false in those chronic or constantly recurring cases that worry the mother thin.

The cause is a much deeper one and lies in the fact that the skin is a constituent part of the physical economy, answering like a dial to the various fluctuations from the normal, showing directly any interferences with exact assimilation. At a glance one can see how natural this is when one considers that the skin serves first, "as an external integument for the protection of the deeper tissues;" second, "as a sensitive organ in the exercise of touch;" third, "as an important excre-

tory and absorbing organ;" and fourth, that it plays an important part "in regulating the temperature of the body."

The more you think of this the clearer does it become that you must look for the cause of Baby's eruptions in his general condition. And to become more particular, the cause will usually be found in some functions of assimilation. A merely casual examination will show the mother that the child vomits too much, or is tormented by colic, or is constipated, or that the stools either in color or consistency give evidence of indigestion. To know exactly where the trouble is very frequently requires exact diagnostic skill.

It is worthy of notice that there is less attention now given to the skin diseases of children, as an independent disorder, than ever before; and likewise there has been of late a most remarkable increase in the interest felt in matters of digestion and assimilation. And the strange thing is that the more we study the question the more does it become worthy of the most mature scientific effort. Instead of being the simple process once considered it is now known to be exceed-

ingly complicated, with numberless variations from the normal, and with endless possibilities for divergence. And more and more we find that these divergences show themselves in some disorder of the skin. A too frequent sweating, an obstinate rash, a vicious tendency to pimples and blotches, an intense sensitiveness and irritability of the whole body surface, all will generally be found to date back and to co-exist with some disorder of the intestinal tract. Whether it is due to defective action or secretion in the stomach or intestines, or to pathological conditions in the viscera, as the pancreas, liver or kidneys, will be shown by careful examination and diagnosis.

Such conditions ought not to exist. When a baby cries day and night, when he suffers from the various skin irritations and diseases which are as many and as changing as the forms of clouds, you may be sure that he is suffering from some disorder of digestion and assimilation. Don't waste your time, patience and Baby's strength on endless powders and salves. Remember that Gracie was not exactly right about the origin of dolls.





WAKEFULNESS IN GROWING CHILDREN.

BY MARGARET C. HODENPÝL.

WAKEFULNESS in growing children is often the cause of much anxiety and annoyance to mothers. Children generally play with such vigor and intenseness during the day's long hours that we naturally expect them to fall asleep easily and quickly on going to bed; if from nothing else, from sheer muscular weariness. And it is often a real puzzle to know how to deal with the opposite to this normal state of affairs, when we are confronted with it. We cannot give young children medicine to make them sleep. What then can we do? Sleep is as necessary to health and life as food itself. Young children grow most rapidly while asleep, and it is then also that the waste of the body is repaired.

The room in which growing children sleep should be on the east, south or west side of the house, having a good stream of sunshine some part of the day; never on the north side. Children and plants languish for want of sufficient sunshine; and the room should, day and night, have plenty of ventilation. Open fire places are excellent, but unfortunately not many families have them. A nursery or bed room in which the children have played all day, or in which the mother has sat and sewed, is unfit, with its

exhausted air, for the children to sleep in. It should be well aired, if possible, before sundown, in time certainly for the room to warm again before putting the little ones to bed; for too cold a room is no more conducive than too warm a one. An excellent way to air a bed room at night, without causing a draft, is to have a frame of pine board made to fit the opening left by the window, when it has been lowered from the top a couple of inches. This is covered with flannel and the window is pushed up against it when fitted in place, thus holding it securely and allowing the air to come in and out of the room without making a direct draft.

The practice of "a romp with papa," before going to bed cannot be too much condemned, delightful as it may be to the little ones. Every nerve in their active little bodies tingles and jumps in the exuberance of their play, and flushed and excited the child is taken to bed and expected to sleep. How can he? No grown person laboring under great excitement, either painful or pleasurable, finds it easy to sleep, and how shall children with their more nervous organizations be able, under the same conditions, to do so? Let the hours before bed time be bright and pleasant, but as

far as possible calming. Try and have the plays quiet and useful.

Cold feet often cause wakefulness. Many children, especially those who wear woolen stockings, have a constant if slight perspiration of the feet, with accompanying coldness. Never put a child to bed with cold feet. A bottle filled with water hot enough to feel comfortable laid in the bed against the cold little feet will often cause a wakeful child to fall asleep. A neat little contrivance, going in one family by the name of "booties," does away with this difficulty. These are long straight strips, knitted of Germantown wool, like a shapeless stocking, long enough to reach to the hips, sewed up like a bag, into which the feet are slipped, and each "bootie" is pinned with a safety pin to the merino shirt, and thus feet and legs are warmly clad and restless boy or girl can kick the covers off with impunity, there being no fear of taking cold.

Sometimes, indeed very often, children are wakeful from over-eating. Growing children should be fed lightly at night and go to bed neither too soon nor too long after supper. Frequent bathing, rubbing vigorously with a flesh brush or the hand, and also frequent frequent changing of both night clothes and sheets, are very helpful and necessary. When we remember that, as stated recently by a high medical authority, the body of an adult gives out one pint of moisture in unconscious perspiration every night, during sleeping hours, it is easy to see the need of frequently changing the night clothes and sheets which absorb this poison. Night

clothes should always be hung up during the day where the air and, if possible, the sunlight can reach them freely. Never fold them up and lay them away. And the bedding of the children's bed should have long and thorough airing. Do not be in too much of a hurry to make your beds. Let them air with all the windows open for at least an hour. The fresh air and, if possible, the sunshine should reach and permeate every separate article of the bed clothes.

An excellent remedy for wakefulness is so simple and easy to try that it is worth mention. Having tried without success all sorts of things to make a nervous child, albeit a thoroughly healthy one, sleep, a physician recommended the following, which has worked wonders. Fill a large pitcher with very hot water, as hot as the child's skin can bear, and with a soft sponge dipped in the water sponge slowly and gently down the entire length of the spine, beginning at the neck, wetting the sponge afresh each time, and renewing the water with hot, as it cools in the pitcher. Keep this up, always slowly and gently, until the skin becomes red, or, as this doctor said, "till she howls." I wish I knew how to make every mother whose struggles with a wakeful child ever were like mine know the efficacy of this simple treatment. In a few moments the child fell quietly asleep. The perseverance for a week or two in the treatment effected a permanent cure, and now at any symptoms of wakefulness we lose no time, and lying awake has ceased to be a thing to be dreaded.

Another cause of wakefulness in

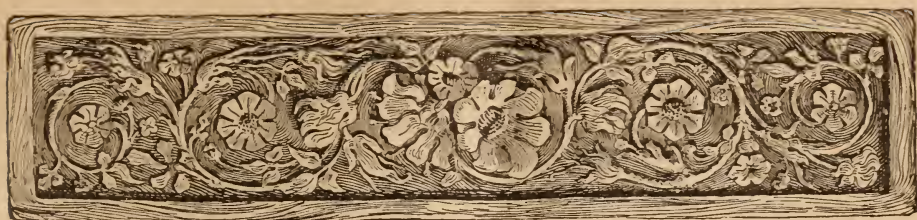
children, is burning a light in the room at night. This is very harmful. Plants and animals require darkness some time during the twenty-four hours; and so do little children.

As far as possible have the children's sleeping room quiet. Mothers sometimes tell with pride that their children can sleep through any noise. Well for the children if they can, but it would give their excited little nerves and tired muscles a far better chance to rest and recuperate were they not exposed to this strain. Physicians are beginning to recognize the harmfulness of the constant noise of the city, to which people apparently become so accustomed that they do not notice it. Your little children may indeed become so used to the noise of laughter and music and talking that they will sleep through it all, but be assured they would rest far better were the nerves of hearing and seeing allowed as perfect relaxation as those of the other senses. In Nature's world the night is quiet as well as dark.

Telling stories to the children at bed time is another cause of wakefulness. Unless these are aimless, drowsy tales, they cannot but excite still more the already excited, tired little brain; for most children do nothing by halves; they would not be the delightful little creatures they are if they did. Teach them to lie still when they get into bed. At any rate, if they are soothed and refreshed by a good rubbing—feet warm and comfortable, mother's dear good-night kiss on lip and brow—snugly tucked up in a warm bed, in a cool, well-aired and dark room, the chances are that they will sleep, cer-

tainly they will rest, and soon sleep will come. Scolding will not do any good. It is exasperating to have the evening slip away while your restless boy fights sleep off, but, after all, it is worse for him than for you. One cannot make one's self sleep, be one big or little, more's the pity, and the result will never be accomplished save by patience and perseverance, with a knowledge of the child's real needs, and study of the natural world about us, where we can read some plain lessons.

Should wakefulness be persistent, the family physician should be consulted and the matter laid before him. It is no trifle. We sing to the little ones about "little birdie in his nest at peep of day," and "little baby in his crib;" let us carry it further and try and give the same help to sleep and grow to our "little baby" that is given to "little birdie." At sundown, Mother Bird calls her baby home (she does not let him sit up till all hours of the night) and in perfect quiet sits on her nest, shutting out from baby bird both noise and light. Human mother would do well to take a hint from Mother Bird. Miss Brackett in her charming "Technique of Rest" says: "Well for us could we stop and play again each night the game we played in our childhood, when our elders, told us to sit in a row, fold our hands, shut our eyes, and see who could keep still the longest, and he who won was 'best fellow among us.'" Let the hour before bed time be quiet and pleasant, and send the little ones to bed in a cheerful frame of mind and at peace with themselves and all the world.



MEATS, FISH AND OYSTERS.

IN cooking meats, the object being to retain as much nourishment and flavor as is possible, the process is directly opposite to that for making soup, a low temperature being required for the latter, while a very high one is necessary for the former, to coagulate quickly the albumen on the outside surface and thus confine the nutritive juices within. There are various methods of cooking meats for general use, but for the nursery it is desirable to either broil, boil or roast, with the preference for broiling, which gives the best results in point of delicacy, and if properly done, which is difficult, will be found in every way to be the most satisfactory. For the sake of convenience alone, broiling may well be considered and preferred, as midday dinner for adults is rapidly disappearing, and to roast or boil large joints of meat for possibly one child's dinner, is not generally feasible.

"Left-overs" are distinctly not to be used in the nursery, if for no other reason than that in many houses cooked and uncooked food of various kinds is kept in uncovered dishes from day to day, in one common refrigerator or closet, absorbing unwholesome germs from surroundings that, to say the least, are not sanitary. That such dif-

ficulties may be avoided, where the mother for sufficient reason is unable to supervise affairs in her own kitchen, it is always safer to broil the meats given to children, unless the arrangements of the house will allow for meat that has been roasted or boiled in time for the nursery dinner.

The selection of meat is as important as the cooking, unless it can be cooked immediately after killing, which is rarely convenient. It should be hung for a period varying from seven hours to six days. A reliable butcher is a necessity when buying meat for children. Such a one is in a better position to judge and select than the average householder, and it is a comparatively easy matter to interest him in the wants of the children and the necessity for the exercise of great care in selection. It is rather a difficult matter to choose a good cut of meat.

Dr. Yeo says :

"Meat containing much fat is generally less digestible and less palatable than lean meat, flesh of young animals less digestible than more mature ones, veal and lamb less than beef and mutton, and with advancing age the flesh becomes tough and uneatable. There is less flavor, less stimulating properties, less nutritive value in the tissues of young animals than in mature ones, and they contain more gelatin. A four-year old ox yields the best beef, and a three-year old sheep the best mutton."

Sweetbreads.

Sweetbreads are allowable in the nursery as well as in invalid dietaries, as they are readily digested, but they must be prepared in a manner suitable for children. As soon as they come from market they should be cleaned and parboiled. To clean, cut off all fat, bruised parts, etc., and wash quickly in cold water; boil in a granite saucepan from fifteen to twenty minutes, using boiling salted water at first, then cool, and put away until needed. To complete cooking them for children, cut them into small squares and stew carefully in a sauce prepared as follows: Rub a teaspoonful of good butter into a tablespoonful of flour, using one cup of milk or cream; heat the milk in a double boiler, add the thickening (stirring it in carefully), the sweetbreads, and a little salt. Stir continuously until both sauce and sweetbreads are cooked, which will be in about fifteen minutes, in ten if made in a single saucepan; the double one is preferable, as it prevents scorching. Any sauce containing milk and flour should be made in a double boiler, or in a small saucepan that fits into the top of the tea-kettle. Care must be taken to cook the sweetbreads the required time only, as longer cooking is likely to harden them. Fresh peas, if tender, may be used with these for children over four, when digestion is normal. A little beef broth, sweetbreads prepared as above, or broiled with peas or stewed celery, bread and butter, boiled rice and a fruit dessert, would be a satisfactory menu for the age mentioned, and with the exception of the peas, perhaps, it might be given at

three-and-a-half under average conditions.

Beef is undoubtedly the most nutritious of animal foods, and is used most extensively. The best portions for nursery use are from the loin for broiling and from the rump or first and second cut of the round, for other uses, which will be indicated. This selection is independent of joints for roasting or boiling. Either a sirloin, porterhouse or tenderloin steak is most suitable for children, and it should be cut from one to two inches thick—two inches is best—to keep the meat juicy. Trim off the fat, wipe with a clean damp cloth, place in a heated wire broiler which has been greased to prevent sticking, and place directly over a glowing bed of coals, —a live fire is necessary, not one that has begun to cool. It is quite an art to prepare a fire for broiling that will keep clear and hot to the end of the process. No stint of coal is to be allowed for one hour at least before the fire is needed. It is a good plan to see to it at twelve o'clock, for one o'clock dinner, that the fire is clear at the bottom, that enough fresh coal has been put on, and that it is then allowed to burn by regulating the draughts, so that it will be a bed of glowing coal when necessary. Turn the steak five or six times in one minute, that the outer sealing may be quickly done, then hold the broiler farther away and finish slowly, turning at this stage every half minute until done. Seven to ten minutes will usually cook a steak from an inch to an inch and a half in thickness. Have the plate heated, season the meat with salt, using care in handling it, so as

not to break the surface and lose the juice. For nursery use, salt is the only condiment allowable. Never use melted butter; all the butter required by children should be taken as cold as possible upon the bread that is eaten, not on meat or vegetables, except in cream sauce, if freedom from indigestion is desired.

Broiling.

In broiling thin steaks or a tenderloin which is not very juicy or of good flavor, it is a good plan to lay a thin piece of round steak upon both sides of the tenderloin, before broiling, and thus get a delicious steak, discarding of course, the outer pieces. Scraped beef makes an acceptable change, either cooked or raw when allowed. Use a thick cut from the tender part of the round or rump, scrape off the pulp with a sharp knife, rejecting the tough fibre, and mould into cakes about an inch thick, then broil as you would an ordinary steak. When for any reason it is inconvenient or impossible to broil, a thick iron or steel pan may be thoroughly heated, salt sprinkled over it to prevent sticking and the meat cooked in it in the same manner as if it were a solid broiler, turning it with a knife or spoon, not a fork, that no juice may escape. Turn quickly at first and have the pan scorching hot, then moderate the heat and finish more slowly. Very good results may be obtained in this way.

The above directions apply as well to the broiling or panning of lamb and mutton chops, which should also be cut thick. It requires from four to six minutes to cook a chop one inch thick. Mutton is generally considered more easy of digestion than beef. Dr.

Beaumont gives three hours for the digestion of broiled beef-steak, three hours and a half for roast beef, and four for that which has been fried. The conclusion to be drawn is evident

Boiled Meats.

When boiled meat is desired, use water that is boiling (212° F.) to seal the meat, as one of the first effects of plunging meat into water is that some of the valuable constituents of the meat pass into the water. By having the water boiling when the meat is put into it this is prevented, and by continuing to have it boil for five minutes the meat is kept juicy by having a protective covering formed about it. The boiling should then be completed at a considerably lower temperature, about 160° F. It may be a little higher, but should not be much less. This method applies to boiling poultry whole, as well as to beef, lamb or mutton. In boiling beef, allow from twenty to forty minutes to the pound, according to the quality of the beef. For a boiled leg of lamb or mutton allow fifteen minutes to the pound. Lamb is best if used within several days after killing, as it is in season after warm weather begins, from April to September. Mutton may hang for three or four weeks in cold weather and will be improved by the hanging.

Meat Stews.

A dainty and wholesome little meat stew may be made for the nursery as follows :

Cut a tender piece of beef, lamb or mutton into small squares, rejecting all fat, just cover it with boiling water and simmer until very tender, adding in the beginning either a bit of onion,

a sprig of parsley, a stalk of celery cut up, a few leaves of spinach or a few small pieces of cauliflower for flavoring, and a very few small squares of potato; season with salt when nearly done. If the child for whom this is prepared likes the vegetables mentioned, they may simply be cut in small pieces, if not, they should be pressed, when tender, through a puree sieve. Zwieback cut in small pieces (mere crumbs) is a very nice addition to either a stew of this description or to good broths, which may frequently take the place of meats for very young children just beginning upon a mixed diet. A stew of this character, a dish of spaghetti, good bread and butter, and some light dessert like cup custard, makes a satisfactory dinner for a four-year-old.

Roast Beef.

Roast beef, when used for children, should be rare and lean, with dish gravy, from which all fat has been removed. If best results are desired, when roasting either beef, mutton or fowl, see that the oven is very hot to begin with (in these days of ranges it is to be regretted that ovens must be used instead of spits), cooling it after the sealing of the surface has been done; then baste carefully, or use a double pan, allowing fifteen minutes to a pound for rare meat, twenty for well done.

Fish.

Fish, if fresh, and of the right kind, is an excellent food for the nursery. It contains great nutritive value, and is by some authorities said to be less stimulating than meat, but being digested more rapidly, this must be considered in estimating quantities for

a child's dinner. Fish should be scaled and cleaned as soon as they come from market, washed quickly and put in a cool place, not on ice, near it, if possible. To supplement a healthy child's dinner, when fish is given instead of meat, broths should always be used. The white-fleshed fish are the only kind to be considered in this connection, and the flesh should be firm and hard; if it is flabby it is unfit for use for child or adult. The German method of selling fish alive might well be introduced in this country.

Children who are unable to take much active exercise should eat fish more than meat, as it is especially indicated for persons of sedentary habits. For nursery use, it may be broiled, creamed, baked or boiled, never fried. It should be served plain or with a sauce made of cream or milk, as directed for sweetbreads. "In this sauce the butter is so thoroughly incorporated with the flour that it becomes one of the few very easily digested forms of cooked fat." The well-beaten yolk of an egg may be added to this sauce after removing from the fire.

To cream fish, it must be flaked, the bones removed very carefully, and boiled gently for twenty minutes. Season with salt and add to the cream sauce mentioned. For broiling, turn the flesh side to the fire first, then the skin, taking care not to scorch the latter, which is very quickly done if care is not taken.

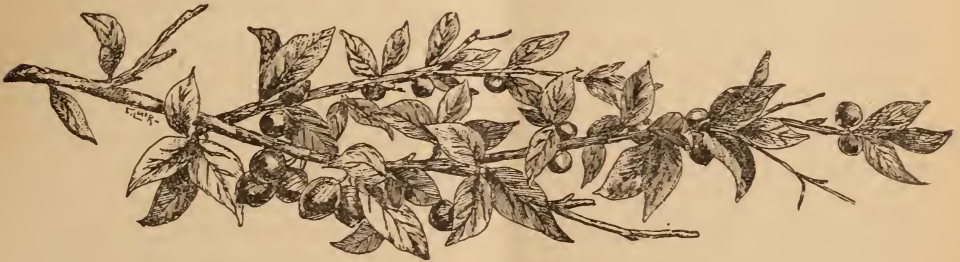
Oysters.

Oysters are of very little use in the nursery, as they are of small nutritive value and are chiefly to be desired as an appetizer, or for variety. The soft part is easily digested, and may be

given raw to a child; the juice may also be given in small quantity, but it is a usual occurrence for a child to refuse to take oysters prepared in any way. They are a very acceptable addition to an ordinary milk soup when chopped fine, after removing the hard part. Care must be exercised as to the season; they are frequently placed

upon the market before they are in good condition, and just as frequently they are kept for sale longer than is desirable. The season is supposed to be from September to April, but it is safer for children to consider it from October to March, unless cold weather has continued exceptionally late.

LOUISE E. HOGAN.



OCCUPATIONS AND PASTIMES.

The Child Out-of-Doors.



As the days lengthen and the warm zephyrs blow, the penetrating rays of Old Sol draw from their hiding places not only the toad and the cricket, the bees and the flowers, but beves of delighted children who overflow through the open doors, and roll caressingly on the green lap of Mother Nature, forgetting their winter hibernations in renewed acquaintance with her alluring ways.

"How easily the house is kept in order, now that the children live out-of-doors again" cries more than one tired mother with a sigh of relief. "I can finish garment after garment with few interruptions. Actually I can hear the clock tick! I have answered letters, resumed my course of reading, and planned all sorts of longed-for indulgences heretofore im-

possible in the presence of the noisy little ones."

But the conscientious, faithful soul is watchful of the results of the exodus. Under the ban of boisterous weather the children were invariably within sight and sound. Objectionable playmates were speedily discovered; games, industries, in fact all the minutiae that go to fill up a child's day were under the mother's supervision. Now, a stream of alien life flows in and out the front gate, and little feet are carried away by new currents, and exposed to shipwreck by unexpected experiences in unknown corners. With the days all too short for the affairs of the indoor world, the busy mother readily yields to the temptation to please her little folks by whole days of gypsy roving in yard and street.

Cries one: "I do believe strongly in out-of-door life for the babies. There-

is a magnetic influence in the freshly-dug earth. There is nothing more beneficial than the sun for growing children. It gives them a good color and the increase in appetites is noticeable. To have healthy youngsters, let them run all day in the open air!"

"Don't you keep them in the house any part of the day?" asked her caller.

"Only to eat and to sleep."

"The trouble is," returned the other, still unconvinced, "a child is never satisfied. It is more difficult to get my little girls to bed when I let them play until eight o'clock than when we say 'good night' at seven. They become so very tired when they play out-of-doors as long as they like, Of course they will not acknowledge it, but I read it in their unusual fretfulness and obstinacy."

"I know all about it," laughed her neighbor. "When I do not limit their hours of recreation, my boys certainly act at meals, especially at tea-time, like a pair of savage Indians. They disregard all laws of hygiene and etiquette. There is no peace for anyone until I hurry them off to bed, directly after supper. But then I have so much to do, and I am so hindered when they are in all day. I am always sorry to have it rain on that account."

"I began last summer to follow Mrs. Reighard's plan," put in a third mother. "She calls her juveniles in an hour before each meal, if possible, and she is nothing if not punctual. The 'quieting down' effects of a refreshing 'wash' and a brief rest are as magical as for an adult. There is time for a story, or may be for a song, or a talk of the day's pleasures before Papa comes, and no one appreciates the innovation more

than he. From twelve to three o'clock she insists on their remaining in doors, that is, during the heated term. I do the same, and induce mine to lie down with me, though they seldom take a nap, except the baby. There is no place quite like mother's bed, and we rest while we read stories, play lap games and renew acquaintance. They tell me their 'secrets' and troubles, and I can correct any false notions they have gathered from other people. Then they are fresh and bright, and act like civilized beings during the evening hours, when we can enjoy their company with pleasure. Such a method cannot but result in great good to all concerned, in many directions."

"However I may restrain my young folks during the day," said the first speaker, "I never compel them to stay in bed after they are awake, nor in doors after they are dressed. If the grass is wet, I slip on their rubbers, and away they go to enjoy the morning air with the warbling birds and opening flowers. When my youngest brother George was three years old, he fell into the habit of picking a blossom and laying it on mother's pillow, often before she awoke. He continued to remember her in this way, if nothing more than a dandelion was obtainable, until he left home at seventeen. Now when he cannot be present at any holiday, mother always looks for flowers by express, and she is never disappointed. She argues that he breathed in the purity of the flowers, and fortified his baby soul against earthly taint, during these solitary strolls. Certainly his life is singularly chaste and upright. By the way, I teach my boys botany, and

Gardening for Children.

to love flowers, and all beautiful things of Nature. Too many of the sterner sex regard such matters as belonging solely to sentimental women. My mother's advice to "bring up your boys just as you do your girls and *vice versa*," I strongly advocate, making due allowance for natural differences of course. It is more difficult, and I do not expect to keep them indoors as much as the girls, however."

Some one says it is well for a mother to be a little deaf, dumb and blind, but many parents go too far in that direction. They think to save themselves trouble *now*, to encounter it in billows mountains high when their youth have reached maturity.

When your little boy runs in for something, perhaps a rag for a sail or because of a cut finger, do you not dislike to be disturbed, and "snub" him so that his call is brief and not likely to be soon repeated?

A mother of my acquaintance whose two little boys play happily alone, hours at a time, encourages them to make frequent "calls" upon her. The mock courtesies, the little excuses, the "rest" on lounge or floor, the added interest in the flower-bed by a little talk about them, or a bit of information about the sun, or a suggestion as to "what to do," all these strengthen that loyalty, consideration, deference, and affection, so efficacious in the maintenance of happy homes.

As Ruskin has it: "No man ever lived a right life who had not been chastened by a woman's love, strengthened by her courage, and guided by her discretion."

MONA FARGHER PURDY.

Michigan City, Ind.

My bedroom window opens upon a pleasant balcony. Here one early spring I determined to do a little gardening. I got the florist to fill me a long narrow box with suitable earth, and I began planting my seeds, geranium cuttings, etc. The three little children caught the "fever," and came in every day from their walks, bringing the treasures they had found in the neighboring fields, most of them far from being appropriate for my box; but, seeing their delighted faces, I gave up my vision of trailing lobelia, sweet mignonette, verbenas and pansies, and let them confiscate my box to their own joy and pleasure.

It was more interesting to them to discover the different field flowers, as they sprang into life, and bring them home to plant, than to watch my seed grow, and I judged it would be quite as instructive. And, oh! how muddy they returned from their search, and with what happy, beaming faces! That box has answered for a nurse to me, keeping the children quietly entertained for hours at a time.

In it they planted melon vines, and promised to provide me with all the melons I needed "for nothing." When that crop failed they tried corn, and succeeded in raising two little ears; then they planted potatoes, tomatoes, canary bird seed, and wanted to know why rice wouldn't grow. They went into raptures over the "little baby potatoes" they found "growing so sweet" in the ground; they took them off to show the cook in the kitchen, and boiled them in the dollie's saucepan. What fun it was to them!

When they grew beyond their interest in "things to eat," they began cultivating "things to delight the eye," and, strange to say, they managed to make the flowers grow. The more they scratched around them the more they flourished, though in rather a fitful way. I gave them verbenas, nasturtiums, and pinks, for paterfamilias had presented me with a lovely Minton tile box to make up for the one the children had taken possession of, with which I could adorn my sunny bay-window, and cultivate the flowers I so love. The children were satisfied to let me reign supreme in this especial spot, but were very glad of all the spare cuttings I had. However, the hanging-basket, the youngest

claimed as hers; "but let mamma take care of it."

While the wheat was growing in the box, my boy constructed a mill, and stones to grind it, when he should garner the wheat. He also made a channel for irrigating his field, and the pleasure it afforded me to hear the children twittering away over their work cannot be told.

I thought that with the approach of spring some of the mothers of BABYHOOD would be glad to seek out some similar way for the amusement of their little ones, and I can assure them it affords a never-ending source of interest to the children. M. M.

Valencia, Spain.



BABY'S WARDROBE.

Woollen Clothes.

I want to tell the busy mothers of BABYHOOD how my neighbor, who is both nurse and housekeeper, dresses her children, so as to secure the best results with the least amount of work and worry.

Her four little ones, ranging in age from six months to four and a half years, are clothed at all times in woollen garments. The first clothes consist of a soft wool shirt and little slips fashioned after the Gertrude suit patterns, the under slips being of the

softest all wool or silk warp flannel, the outside slip of cream nun's veiling or cashmere. The under garments are made roomy, but perfectly plain; the outside slips have deep shoulder seams and tacks in front and back, which are let out to meet the growing needs of the baby. The bottom is finished with a plain hem, and the wide hem of the sleeve has a casing and tape, with which the fulness is drawn in at the wrist, forming a soft frill and preventing the sleeve from slipping upward.

The alterations in these slips are

easily made when Baby's growth demands them, and with an extra pair of sleeves they last until he begins to creep about, when they are laid aside for colored ones of flannel, cashmere or challie, as the season demands. Blues, grays, reds, browns or any of the fast colors may be chosen for these little slips. They make up prettily, wash easily and are most satisfactory in every respect. As the children grow older, dresses take the place of slips, and the winter suit consists of a heavy knitted wool skirt, flannel drawers, and skirt, and a flannel or cashmere dress, as preferred. The summer suit is a light-weight wool shirt with unlined cashmere dress and drawers, and a light wool skirt for cool days. In the heat of a mid-summer day the baby wears only a slip and napkin, and the older children are relieved of all clothing except the little dresses and drawers; and they do not appear to suffer more from the heat than children who are clad in cotton clothing, while they have always that valuable protection from sudden changes of temperature which woollen clothing affords. Collars or bibs are worn with these suits, and the children are neatly, comfortably and prettily dressed at all times; yet their mother spends less time on their wardrobes than many a mother does on the clothing of one child.

If the health of the wearers proves the fitness of the garb, my neighbor's children furnish convincing proof of the suitability of woollen clothing; for they are never really sick and seldom ailing. Healthy and happy, they live much of the time out-of-doors, and are never debarred from any play

or exercise by dainty or unsuitable garments.

A saving of time and labor in making and caring for a child's wardrobe is of no small importance to the busy and oft-times overworked mother. The dainty cotton garments so generally worn by babies and small children require an expenditure of time and strength which she cannot afford to give, if she regards the best interests of herself and family. A soft wool dress is pretty and becoming for a child when made perfectly plain. Then it is so easily made, so easily laundried—no boiling, starching or tedious ironing being necessary—so durable, too, that it is economical in the end, and has every desirable quality to recommend it to the busy mother.

EMMA W. JOLLIFFE.

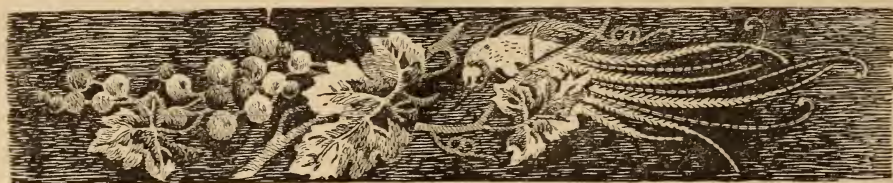
Ontario, Cal.

"Tights" For Baby.

In a recent number is a practical hint about utilizing mamma's cast-off merino hose for baby's drawers. I think my plan is better. At any rate it has proved most satisfactory, and Baby has played on a draughty floor all winter with perfect safety. I make veritable little black "tights," with feet, which are drawn on over the fine woollen hose and napkins, and buttoned to her flannel waist. The feet seams are opened and finished so carefully that there are no rough places. Being so elastic, there is no necessity for a "placket hole"; I merely sew the seams to the top (using stocking top, which is already hemmed) and insert a small square where the four seams converge at the seat.

These "tights" look very neat and trim, and are a perfect protection to

the little limbs and feet. SUBSCRIBER.
Butternut Grove, N. Y.



THE MOTHERS' PARLIAMENT.

Encouragement For
Mothers of
Stuttering Children.

—It may comfort "E. H.," whose letter concerning the stuttering of his or her little boy, appeared in the March number of *BABYHOOD*, to learn of another child who has been afflicted in the same way, apparently, and has entirely recovered. My little girl, now six and a half years old, learned to talk at about the average age, and at two years had quite a good command of language. She always spoke rapidly, and not very plainly, but there was nothing like stuttering in her speech. When she was two and a half years old, she began to stutter. I naturally thought that by making her speak slowly I might correct the trouble, but it did not seem to have any effect. The little one was not in good health at the time. She was very nervous, slept badly, and ate very little. She seemed to be quite prostrated by the heat. We live in Washington, and it was summer-time. We took her to the mountains, and as she improved in health the stuttering was less marked, but still it did not disappear, and after we came home, she continued to stutter all winter.

The next summer, when she was three and a half years old, as she again lost strength and nervous force, the stuttering was worse—again we tried mountain air, with the same beneficial results to health and speech, but the stuttering did not quite leave her, and she kept it up all winter. The next summer, though less depressed by the warm weather, she certainly had more trouble from the stuttering than ever before, and we began to fear it had become a settled habit. It was painful to hear her talk, and she, herself, suffered keenly from her inability to make herself understood. I was very anxious about it, as many people told me that, unless corrected soon, the habit must become a fixed one. Some of my friends advised me to consult a physician; others told me to have her speak more slowly and to make her repeat what she had said; others, still, recommended a measured, rythmical way of speaking, having her mark the time with her finger as she spoke. I often asked her to speak more slowly, but knowing that she was very sensitive about her failing, and finding that I sometimes seemed to aggravate it

by noticing it, I apparently paid little heed, and often pretended to understand her when I really did not.

During the long period (two and a half years) of which I have been writing, we took special pains to build up our little girl's health, by nutritious food, plenty of exercise in the open air, and, above all, a sufficient amount of sleep. At length, during the winter, when she was five years old, the stuttering entirely disappeared, and it has never returned, though nearly a year and a half have passed.

I cannot judge of a child whom I have never seen, but if the little boy is a nervous or delicate child, I should hope, that by correcting as far as possible the nervous condition, in time it might be possible to overcome the stuttering.—*E. B. L., Washington, D. C.*

Another Lullaby —The beautiful lulla-
That Lulls. by, with its preface,
by Miss Ida K. Hinds, and the words
of the contributor, which correspond
to my experience, move me to send to
the Mothers' Parliament the cradle
song I wrote for my baby. It is simple,
and easily remembered. Sung to the
monotonous but musical old tune
which I know only by the title, "Go
Tell Aunt Rhody," it accomplishes its
purpose with my baby, and may with
others. Perhaps some mother who
reads *BABYHOOD* can suggest a more
classic melody.

Do you know the story,
Do you know the story,
Do you know the story,
Of the Sleepy Land.

I will sing the story, etc.,
Of the Sleepy Land.

Cradles are a-swinging, etc.,
In the Sleepy Land.

Mothers all are bringing, etc.,
To the Sleepy Land.

Baby boys and girlies, etc.,
To the Sleepy Land.

'Way from noise and worries, etc.,
To the Sleepy Land.

Tucked up nice and cosy, etc.,
In the Sleepy Land.

Everybody's dosy, etc.,
In the Sleepy Land.

Lullabies are crooning, etc.,
In the Sleepy Land.

Little beetles drooning, etc.,
In the Sleepy Land.

Drowsy birds are twittering, etc.,
In the Sleepy Land.

Leaflets gently fluttering, etc.,
In the Sleepy Land.

Brooklets softly flowing, etc.,
In the Sleepy Land.

Distant cattle lowing, etc.,
In the Sleepy Land.

If you go to peep in, etc.,
In the Sleepy Land.

You must quiet keep in, etc.,
In the Sleepy Land.

C. W. K., Kansas City, Mo.

A Walk —One evening in the
at Twilight. Fall, when returning
from a call upon a friend a block or
two away, I was accompanied by our
little boy, who had just passed his
third birthday. Although an affectionate
child, his natural independence often
leads him to walk at my side without
taking my hand. On this particular
occasion, while I was in haste to reach
home, my little com-

panion was disposed to loiter, and I called out: "Hurry, little boy! It is almost supper time!" adding, perhaps impatiently, "Why do you walk so slowly?" Immediately came the reply, in the decisive as well as incisive manner characteristic of the child: "Because I haven't any other feet to walk big."

I well knew the little fellow was not tired, though he may have been hungry, and that the feet were less deficient than the will, but I reproached myself that I had not made an earlier farewell to my friend, so as not to curtail the pleasure of the little one. While he was allowed to complete the homeward walk at his chosen gait, his mamma, silenced, reflected upon her shortcomings. It was not the first time I had asked those tiny feet to "walk big" in more than one sense. I have often thought since that we do not realize, until our attention is called to it in some such startling manner as was mine, how disproportionate to their attainments are many of our demands upon our tender charges, in patience, in self-control, in attention to our requests.

It is so easy to forget that, although individuality is born with the child, character is but a growth. A child at its play is often working out for itself some problem far more in accordance with its own development than could be the comprehension of some of our bungling attempts at guidance. Let us recall our own youth and remember the force of certain incidents. This brings us back to the old "bending" of the growing "twig." A sharp turn, in our impatience, may so easily work disaster.—*Isabella T. Fiske.*

Tuberculosis and Sterilization.—We have particularly noted the remarks on sterilization in your April number. You say, "Whenever any uncertainty exists as to the quality and cleanliness of the milk, we think it better to sterilize." Now we doubt if there can exist any permanent certainty of the purity and quality of any raw milk, that is, its positive freedom from disease-breeding germs.

In *theory*, one might naturally expect pure milk from cows kept in private stables where every attention is paid to cleanliness, feeding, etc., yet *practically*, facts strongly disprove this. The daily papers have many cases in point. Early this year the State Board of Health killed nineteen of the herd of Guernsey cattle owned by the Hon. Levi P. Morton, and valued at \$7,000, on account of tuberculosis, and one of these animals killed had recently received the highest prize at the World's Fair. Of the fancy herd of Jerseys owned by Mr. Chas. Pratt, out of a total of thirty-nine, on applying the Koch test, sixteen were found to have tuberculosis; and this was confirmed next day by the autopsies. Of Mr. A. B. Darling's choice herd of ninety-four cattle, seventy-four have just been killed on account of tuberculosis. Mr. Wm. A. Harper (of the well-known firm of Harper Bros., publishers) has just suffered the severe loss of his only son, from tubercular meningitis, caused by diseased milk from his own private cows. These instances are all of recent occurrence, and if in such cases uncertainty is proven where will you expect certainty? At the meeting of the National Quarantine Committee of the Academy of Medicine, held at Wash-

ington, March 28th, Dr. T. Gaillard Thomas said: "The communicable diseases are those whose origin is always from an animal body, and communicated from that body to other animal bodies susceptible to them. Such communicable diseases are small-pox, diphtheria, Asiatic cholera and tuberculosis or consumption."

Prof. Rich, the authority on tuberculosis in cattle, says: "This disease is far more prevalent and dangerous than is generally supposed. I believe one-eighth of all the diseases in this country are from tuberculosis originating from drinking the milk of diseased cows, and eating diseased beef and infected butter and cheese."

The importance of this live question of tuberculosis is called to prominent attention by President Cleveland in his last annual message, also by Governor Flower, who recently stated to a reporter of the Associated Press, "It has been the policy of the State to keep the matter as quiet as possible,

so as not to injure the business interests of those concerned; there have been thousands of animals killed the past year." In a recent editorial in a prominent evening paper, entitled "Tuberculosis by Law," the writer queries "as to whether it is absolutely imperative to wait until the general public is fully educated on the question, before the milkman's privilege of destroying his fellow creatures by a lingering infectious disease can warrantably be abridged." We see no way of ensuring a pure milk except by sterilizing it. We heat all milk sold by us to 185 degrees F., uniformly and unvaryingly, and all our milk being sterilized and bottled at our depot, Pawling, N. Y., we can offer the consumer in this city an absolutely pure milk, and at the same price as the ordinary raw milk sold, also saving the mother and housekeeper the time, labor, and attention needed to sterilize.—*The Appleberg Sterilized Milk Co., 799 Sixth Avenue, N. Y.*

NURSERY HELPS AND NOVELTIES.

Where to Keep the Playthings.

Many a mother will be interested in the question "where to keep the playthings," that is, where to keep them so that they may still be handy for use, though protected from dust, and in compact shape, to present a neat and orderly appearance. A simple piece of furniture, which any man handy with tools—better the local carpenter—can make at moderate cost, will provide the solution of this problem.

This article consists of a series of boxes—clean soap boxes will do—sup-

ported by sides of white wood boards of same width as the narrow side of the boxes, with a top and bottom, screwed on, and casters fastened to the bottom board. The top piece overhangs a little on three sides, on the back it is left flush with the edges of the boards, because the whole back is to be covered up by nailing on some fabric, such as blue denim. When a frame has been made, three cleats are nailed to each inner surface of the side boards, and two boxes slipped in to rest on the lower cleats. Not being fastened themselves, the boxes may be replaced

or their position altered later, if desired. On the top cleats I rested a shelf for support of nursery books and such matter.

Of course the number of boxes may vary, the height being regulated to conform. I assigned a box to each of my two little ones, lettering their names in front, for identification. If the natural wood of the entire piece were shellacked, it might answer to use it in this shape. I prefer to have the sides covered neatly with blue denim, carried around the front edges of the boards, and there tacked with brass-headed nails. A piece of brass rod, with rings, was then adjusted beneath the front overhang of the top, and to it attached a curtain. China silk, in colors not easily injured, makes an attractive front. To the top side a layer of cotton batting could be fastened, and a table scarf thrown over it, falling at the sides; or a strip of blue denim might take its place, and could be fastened at the sides of the top, if the little people were at a stage of growth which requires that everything be "nailed down."

With "a place for everything" you may *justly* demand that "everything be put in its place." Such provision as is offered in the above suggestion may be a valuable factor in the training of little folks to habits of order and neatness, aside from its practical usefulness, as described.

CLIFTON S. WADY.

Somerville, Mass.

A Useful Food Cup.

I wish all the mothers who read *BABYHOOD* could know of the comfort of using a pure aluminum food-cup

for Baby. These cups look like silver, are very easily cleaned, never rust or melt, and while more expensive than tin are well worth the difference in price.

P. L.

Washington, D. C.

An Improvised Night Lamp.

The mothers of *BABYHOOD* may be glad to know of an easily constructed, though very primitive, night-light my peasant Spanish cook made for me one night when I found she had thrown away my proper one, evidently not knowing its use. Rafaela took a bit of cotton, formed it into a tiny disk about an inch in diameter, then pulled up a little of the loose cotton from the centre, to serve as the wick, moistening it with oil; it was then placed in a saucer containing some oil, where it remained burning all night.

Valencia, Spain.

M. M.

Providing Against a Troublesome Habit.

The problem of bed-wetting is one with which we have had to deal. My oldest child, who learned comparatively early to attend to its needs through the day, has not been able to stop the night-wetting. With us sleep has always been the main object, since the paterfamilias suffers at times from insomnia, and this same very dear baby used to have a fashion of lying awake if aroused by anything.

I have used large diapers, but in winter they are hard to change when the child wears the cotton flannel drawers with feet, and those I have not liked to dispense with. The next plan was this: No diapers, just the cotton pads, of which I always have a supply, and a change of drawers when

wet. The cotton flannel drawers are made to button on a waist of the same material, and are thus easily changed. But it is so hard to dry both diapers and pads, and it takes such a supply to change often enough for cleanliness that I have tried to reduce the number of wet articles to a minimum. At present I fix this child's bed in this way: A piece of white table oilcloth is put across the mattress, above this is a large pad of muslin filled with cotton and tied, this extends the whole length and width of the bed; using it I do not put on a sheet, but immediately under the child put another good sized pad, to which is pinned underneath a second piece of table oilcloth. The oilcloth is smaller than the pad, and is firmly pinned with safety pins, so that the pad may not slip from the smooth surface of the oilcloth and bring the cold oilcloth next to the child. This second pad should be thick enough for comfort, and wide enough to tuck under the mattress, in order to prevent uncomfortable wrinkles in the oilcloth. Before the parents retire the child is taken up, and, fortunately for us, hardly wakens. This is usually sufficient, but sometimes, just before waking, the wetting occurs. However, there are few articles to dry—the pad, the drawers, and, perhaps, waist. If the wetting occurs in the night a

dry pad is slipped under the child, and drawers and waist are changed. There seems to be no physical weakness, and we hope that the little one will soon outgrow the habit. For such a child, night gowns are more easily managed than drawers. but do not protect the feet so well. G.

Diaper Box.

Having been for some time a subscriber to *BABYHOOD*, I should like to tell its readers of an article in my nursery which I find very useful. It is a box for Baby's diapers, and is made as follows: Take a wooden box nineteen inches long by twelve wide and ten high, and line the inside neatly with wall paper. Then, with brass headed tacks, fasten pretty cretonne on the outside, letting it fall in box plaits from the top to the bottom all around the box. The lid must be fastened on with hinges, and is stuffed with cotton batting on the outside, over which the cretonne is smoothly stretched and tacked. My box is covered with blue and white cretonne, and lined with terra-cotta paper, which makes a pretty combination. Besides saving much drawer room in holding the four dozen napkins Baby uses, it also makes a nice seat for an older child.

F. P. C.

Denver, Col.



NURSERY PROBLEMS.

Change from Sterilized to Unsterilized Milk.
To the Editor of BABYHOOD;

Please advise in regard to changing twins nineteen months old from sterilized to unsterilized milk where it can be had fresh, morn and eve, from our own Jerseys, in good health, fed on prairie hay and wheat bran, with good water, no slops.

The children have now cut each four molars, and seem likely soon to cut the eye teeth. They take two quarts of milk in twenty-four hours, eat steamed oatmeal, soft boiled egg, chicken jelly, milk toast, bread and butter, and baked apples.

Please advise fully and state if the milk from cows which were fresh a year ago, and may not be so again for a year, is suitable for such children.

M. A. T.

Hay Springs, Neb.

There should be little trouble in making the change; nor is it probable that children who eat so much—assuming that each child take two quarts of milk besides food beyond the ability of most children of their age—without any evidence, so far as is mentioned, of harm from it, will suffer in the least from the change they will very possibly be benefitted. In hot weather be watchful concerning the milk and all the details of dairy cleanliness, and return to sterilization if you are not sure of everything. The milk will do if you have no fresh cows. To avoid accidents to the milk of individual cows use the herd milk.

Exceptional Dimensions; The School Age.
To the Editor of BABYHOOD;

(1) Would you kindly inform me of the weight and height of the healthiest and largest boy of six years of age you know?

(2) Will you also inform me at what age a child should be sent to school? Do you think it better for a child to be sent to school than to be taught at home?

(3) Do you think three meals a day are enough for a child of six years of age?

New York:

C. N.

(1) We cannot, as we have no accurate data. Very great variation exists and we have seen six-year-old boys with the apparent development of say nine. But we can hardly consider such exceptional growth desirable. Very much depends upon heredity, and something upon nurture (we mean outside of those cases retarded by actual want and hardships. (An average height of school boys at six would be about 44 inches, and an average weight 45 pounds, or a so less in the laboring classes.

(2) Everything depends upon circumstances. Feeble children, nervous children and some others have to be considered each by itself. So, too, much depends upon whether the child can have any personal consideration in the particular school or must be taught as one of a huge class, the lesson and everything else being assumed to fit the average capabilities of the members. The kindergarten system often solves the question for the very young children and gets them into school habits without worry or tax. We think it always desirable that a child be taught somewhat at home before being sent formally to school in order that it may know in a way what will be expected of it.

(3) Usually for a well child, but a light meal about 11 A. M. in addition to the three is often useful if the child's dinner is as late as 1 P. M. This luncheon should be no more than a glass of milk, a biscuit or two, or a

slice of bread and butter, so that the appetite for dinner shall not be destroyed.

The Uses of the "Band;" Orange Juice and Ginger Bread for Young Children.

To the Editor of *BABYHOOD*:

(1.) In your last number in speaking of the winter garments to be worn by a child one year old no mention was made of the band. I thought that should not be left off until after the second summer. Am I mistaken? If so, when will it be safe to leave it off of a child now fourteen months old who wears it night and day? As yet I have not put on the "double V" waist or any other. The band has shoulder straps, and I thought both would be too much.

(2.) When is a child old enough to have the juice from an orange? Would ginger bread be suitable for a child who is constipated and has but seven teeth?

AN INTERESTED MOTHER.

Lynn, Mass.

The "band" means several things in baby apparel, viz.: a snug band usually applied over the dressing of the navel at birth; a similar girdle often worn during infancy; also certain strips at the top of pinning blankets and the like, and doing the duty of the "waists" of older children's clothing. None of them are, strictly speaking, necessary, and none of them have any relation that we know of to the second summer, or any other summer. We say none are necessary, but some are convenient. Thus, the remains of the navel cord may be dressed

with simple absorbent cotton, but the band is convenient to keep this or any other dressing in place. The abdominal girdle spoken of is also a good protection for the bowels against cold, and, if carried to the arm-pits, of the chest also. But this band must never be tight. If it be so, it does more harm than it can prevent. A notion exists that a tight band prevents hernia; actually, it favors its production. But there is no particular time to leave off this abdominal band. Some adults find it a comfort and safeguard against diarrhoea. All we wish to say is that they do not constitute an essential part of an infant's clothing, and the time of their discarding depends upon the views or wishes of the parent. If removed, their equivalent in warmth must be made good by some other garment, if the temperature remains the same.

(2.) Some children can bear things earlier than others, but our advice is that articles of food be given not as soon as they may perhaps be taken without evident harm, but when they will probably do good. Orange juice we rarely allow before one and a half years. A child with seven teeth, if developed in the ordinary order, has no chewing teeth. Until it has, we do not think that ginger bread, or ordinary bread, for that matter, will usually be beneficial.



* BABY'S LIBRARY.



HE ever famous Brownies of Palmer Cox are to visit us again, this time in action upon the stage. This venture of Mr. Cox's into dramatic writing is a three-act musical spectacle and will be put upon the stage with magnificence. Fifty Brownies and fifty fairies are to be in the cast. Palmer Cox will supervise the whole presentation and in the grand finale there will be a series of the pictures in which all the Brownies will pass before the audience. The opening is to be in Philadelphia, in October—but it is expected that eventually companies



will be sent about the country, so that every lover of the Brownies may have a chance to see them.

Mr. Cox promises that the whole performance will be in keeping with the literary reputation achieved by the Brownies during the past ten years. It is to be hoped that many little ones will be able to see and enjoy the realization of this idea of the well-known conjuror of happy fancies.

*For the convenience of the readers of the magazine, the publishers of BABYHOOD will fill orders for the books mentioned in this review. Remittance for the price must accompany the order. The books will be sent postpaid.

The popularity of the three Brownie books published by the Century Co., (\$1.50 each,) is quite unprecedented.

Some idea of the comical reversible illustrations in *Topsy's and Turvy's* (Century Co., \$1.00) may be gained from the accompanying cut. Similar in shape and equally entertaining is "*A Book of Cheerful Cats and other animated Animals*" by J. G. Francis (Century Co., \$1.00), which consists of funny cat pictures and verses collected from *St. Nicholas* and other publications.

"Some cat-land fancies,
drawn and dressed,
To cheer your mind when
it's depressed."

It is always safe to assume that a child will be interested in this book, as for some reason, not to be easily determined, children love cats and kittens.



Songs and Rhymes for the Little Ones, compiled by Mary Whitney Morrison (Jenny Wallis), published by Putnam's (\$1.50), has reached its fourth edition and is full of dainty little bits for the baby just beginning to talk.

From the same publishers may be had *Great Thoughts for Little Thinkers* by Lucia T. Ames, with illustrations (\$1.50). It is a book that will appeal directly to mothers who are in doubt

as to the manner of presenting to their little ones the fundamental truths of science, history, religion and morals, to be used, as is suggested in the preface, as the basis for all later thought, with the hope that, however inadequate, the book may at least serve as a stepping stone to something better than was taught most of the children of the previous generation. A vast number of subjects are touched upon, but always distinctly and accurately. This is a question of paramount importance, and thinking parents will appreciate the assistance given them by books like the above.

In *Melody—The Story of a Child* (Estes & Lauriat, Boston, 50 cents) by Laura E. Richards, the author of that charming idyl of New England

of *Captain January* has been issued recently in larger type, larger page, and superbly illustrated with thirty half-tone pictures from drawings by Frank T. Merrill (\$1.25).

Oliver Optic's *Annals* published by Estes & Lauriat (\$1.25) are always welcome. The one for 1893 is a bright and entertaining collection of juvenile literature, with original illustrations, which alone are sufficient to interest a very young child, as each one tells its story very clearly. Each story has its little lesson, too, without being too prominent, as for instance:

Bruno was on one side of the window, Jack Frost was on the other. "Bow-wow-wow! I want to look out," said Bruno. "You shall not," snapped Jack Frost, and he drew his paint brush all over the glass. He had been up painting all night, and he was in a bad



coast life, *Captain January*, which has gone through thirteen editions in two years (Estes & Lauriat, 50 cents) we are given a picture of the beautiful and harmonious life of a child who is blind and possessed of a marvellous gift of song. In each one of these stories a remarkable sympathy is shown with all that is noble and beautiful in human nature. A new illustrated edition

humor. Jack Frost painted beautiful pictures, ferns and flowers, birds and butterflies, castles and bridges—almost every pretty thing; but Bruno didn't care a pin for his pictures. "Bow-wow! I want to see out," he barked again. "Come out, then," snarled Jack.

"I won't! It's nice and warm in here," growled Bruno, "and I know how to wash windows."

Bruno put out his great pink tongue and lapped off the frost picture in a hurry. "Bow-wow! There's a wash-cloth for you that's

always handy. I don't have to hunt for it as Betty does."

And Jack Frost remembered a business engagement, and went off to paint the church windows, where they didn't have dogs to bother them.

For cheerful stories and funny pictures for good little folks, Dr. Hofmann's *Slovenly Peter* takes the lead (Porter & Coates, Philadelphia, \$1.50). It has colored illustrations, and to a child of three or four it will be of absorbing interest.

The story of its construction is as amusing as it is famous. Dr. Hofmann searched high and low about Christmas time, more than forty years ago, for a suitable picture book for his three-year-old boy; but everything was so clever, so artistic, that in despair he bought an empty copy-book and, not knowing how to draw even, he began to make a book for the boy which, as he said, he could take in, and in

which the tedious morals "Be obedient! be clean! be industrious!" are brought home in a manner which impresses the mind of a young child. It is needless to say the child was delighted with it. A publisher saw the book, was pleased, and offered to bring it out. It has since been translated into English, Russian, Swedish, Danish, Dutch, bad French, Italian, and Portuguese, and has gone all over Europe, America, India, Africa, and Australia. An observing little boy of four, an incipient reviewer, expressed his idea of the book as follows when asked what it was made for: "*Slovenly Peter* was made for naughty boys." Then he added: "You could read it to good boys to make them happy, and to naughty boys to make them good—that's what it's made for."

THE LIBRARIAN.



CURRENT TOPICS.

Amateur Nurses.

A writer in the *North American Review* for December makes a suggestion. It is that amateur classes in nursing be formed. Just as cooking schools have been found to be even more useful than their advocates at first believed they would be, so, this writer contends, classes in nursing, to

which the daughters of a family could be sent for instruction, would be found to be useful, and the peace and happiness of every household thus represented be materially increased.

The suggestion is a good one, and we should like to see it carried out. Even were the supply of trained professional nurses greater than the de-

mand, hosts of good amateur nurses would still be needed. Multitudes of families, it must not be forgotten, cannot afford to employ nurses, and if in such families there were one or more persons more or less familiar with the art of caring for the sick, the benefit to such families in times of emergency would be simply inestimable.

American mothers make as good nurses as the world can produce ; but they become good nurses only by experience ; and oftentimes by sad experience. How much better it would be all round if, before assuming matronly duties, they could receive a few weeks, if not more, of instruction in the art of nursing. And even when the mothers of families are perfectly

competent to care for the sick, what a boon to thousands of them it would be to have a daughter able to give them intelligent assistance. The life of many a noble woman, who is literally wearing herself out in the service of her household, might in this way be not only prolonged but wonderfully brightened, and the sum of happiness in a community be largely increased.

There are scores of ways in which people of large means can confer solid benefits upon society, especially in a city, with its multiplied forms of misery ; but unquestionably a person who should establish a school for training in amateur nursing would be a public benefactor.—*The Trained Nurse.*



SEWANHAKA-CORINTHIAN YACHT CLUB TROPHY.
WON BY "PURITAN."

WE MAKE
SOLID SILVER ONLY,
AND OF BUT
ONE GRADE, THAT OF STERLING $\frac{925}{1000}$ FIN.

Solid Silver

Exclusively.



WHITING M'F'G Co
Silversmiths,

BROADWAY & 18TH ST.

NEW YORK.

Two Little Girls.

This little girl is very poor ;
 She has troubles, she finds, she can
 scarce endure ;
 And yet, my dear, she has playthings
 plenty—
 Dolls as many as two-and-twenty,
 Houses and arks and picture-books,
 Something pretty wherever she looks.
 But half the time she's puzzled to
 know

What to do with the wonderful show,
 Tired of dollies two-and-twenty,
 And bored with her various toys
 aplenty.
 That little girl is very rich,
 With an old doll like a perfect witch,
 A broken chair and a bit of delf,
 And a wee cracked cup on the closet
 shelf.
 She can play with only a row of pins ;
 Houses and gardens, arks and inns,

FEED THEM PROPERLY



and feed them carefully ; reduce the painfully large percentage of infant mortality. Thousands of little ones are lost each year by diseases directly traceable to wrong feeding, and the majority of them from impure milk. Take no chances in this very important matter. The

Gail Borden
Eagle Brand

Condensed Milk has saved thousands of little lives. Use it for your children and be on the safe side.

She makes with her chubby fingers small,	But catch a glimpse of each other's faces ;
And she never asks for a toy at all.	For each to the other could something give,
Unseen around her the fairies stray, Giving her bright thoughts every day.	Which would make the child life sweeter to live,
Poor little girl and rich little girl.	For both could give and both could share
How nice it would be if in Time's swift whirl	Something the other had to spare.
You could—perhaps not change your places,	—Margaret E. Sangster, in <i>Harper's Young People</i> .

Babyhood's Premium List.

Many readers of BABYHOOD have from time to time gone to the trouble of sending in names of new subscribers, prompted solely by their interest in the magazine. The Publishers are desirous of showing their appreciation of such efforts, and will henceforth offer a number of premiums to those readers who lend their aid in extending the sphere of BABYHOOD's influence. Every article offered is of intrinsic value and may fittingly take its place in the home of every reader of the magazine.

The premiums are offered for *new* names only, not for renewals. They will be given for two or more new subscriptions sent us by subscribers whose names are now on the books, or to any new subscriber who sends in one or more new subscriptions in addition to her own. Every article will be sent *postpaid* or *express paid*, so that no expense of any kind will accrue to the recipient. Remittance covering the full yearly subscriptions must accompany all orders, and it should be distinctly stated what premium is desired.

BABYHOOD PUBLISHING COMPANY,

For Full List see Advertising Page x.

5 BEEKMAN ST., NEW YORK.

Naming the Baby.

A Hindoo baby is named when twelve days old, and usually by the mother. Sometimes the father wishes for another name than that selected by the mother; in that case, two lamps are placed over the two names, and the name over which the lamp burns the brightest is the one given to the child.

The Mohammedans sometimes write desirable names on five slips of paper, and these they place in the Koran. The name upon the first slip drawn out is given to the child.

The Chinese give their boy babies a

name in addition to their surnames, and they must call themselves by these names until they are twenty years old. At that age the father gives his son a new name.

The Chinese care so little for their girl babies that they do not give them a baby name, but just call them Number One, Number Two, Number Three, Number Four, and so on, according to their birth.

Boys are thought so much more of in China than girls are, that if you ask a Chinese father who has both a boy and a girl how many children he has, he will always reply, "Only one child."

—*The Churchman.*

MILKMAID BRAND CONDENSED MILK.

With Patent Can Opening Attachment.



For twenty-seven years the most popular infants' food in all European countries and the colonies.

This Company's product is indorsed by the *British Medical Journal*.

Never prescribe condensed milk without naming the brand, after ascertaining the best, not by what the producer says, but by careful comparison.

Prepared at Dixon, Ill., in the largest, most costly and best equipped milk-condensing establishment in the world.

Process the same as employed by the same Company at Cham, Switzerland, and the product is of equal quality. The process of condensing sterilizes milk.

This Company, established and still conducted by Americans, has been under the management of the same individuals for twenty-seven years, thus enjoying unparalleled experience in milk condensing.

ANGLO-SWISS COND. MILK CO.,

82, Hudson St., New York

FULL CREAM AND FULL WEIGHT.

Babyhood.

Devoted exclusively to the care of infants and young children, and the general interests of the nursery.

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No. 115.

DO INFANTS RECEIVE SUFFICIENT FOOD?

BY SIMON BARUCH, M.D.,

Physician to the N. Y. Juvenile Asylum and Manhattan General Hospital.



THE prevention of illness is the highest prerogative of the true physician. To this end he should at all times be ready to instruct, explain, and clear up difficulties arising from the imperfect understanding of many hygienic questions, even among educated people. Contributions to medical journals do not reach the latter, hence it is a duty, which no true physician should shirk, to diffuse useful knowledge on hygiene through those channels in which it would be most universally diffused. Since a sound physical condition in infancy and childhood is essential to the development of a strong, healthy and robust adult, all questions of diet, pertaining to the former, assume great importance.

In an experience of thirty years as a family physician, there is no question that has been addressed to me with greater anxiety and frequency by mothers than "Does the baby get enough food?" When the infant is but a few weeks old, and receives the natural food, this question rarely is asked. As the infant develops, begins

to notice and grasp at things around it, and puts them into its mouth, it begins to dawn upon the mother, nurse, grandmother, aunt, or female relative or friend, that the child certainly wants something to eat. The fact that it puts things into its mouth is pointed out triumphantly as a cogent argument that the "child does not get enough." If the mother be sensible, she may resist the importunities of these kind people to give the baby a crust of bread, a "lady finger" or a bone. Their delight and satisfaction are unbounded if the child consumes (?) the former or gnaws with avidity upon the latter.

Should the baby be so unfortunate as to be restricted to artificial food, the question, "does it get enough?" arises very early in the mind of the mother, nurse or female relative. Either the quality or quantity of the food, or both, appear to be insufficient to "satisfy the baby." The former troubles these good people more than the latter, because the baby limits the quantity by its own instincts. That cow's milk, which is the usual and the best substitute for natural food, requires dilution in order to place its

larger proportions of solid nearer to that of human milk is well known. The best mode of dilution varies with the condition of each child and its age. These matters have so often been discussed in these pages that the details may here be passed over. What seems to trouble mothers chiefly is that the baby should be allowed to depend entirely on milk for its sustenance, and that even the milk should be "weakened" by dilution. As I have said in a previous article ("Baby Wants to Eat," in the August number, 1889), the teeth should be the guide to the introduction of solid food into the infant's dietary. Whenever the molar teeth have fully developed, such food may be resorted to, because these teeth are intended for chewing, and with their eruption comes the perfection of certain salivary glandular secretions, which are absolutely required in the preparation of farinaceous food for stomach and intestinal digestion.

"Mother says she gave me corn-starch, this or that food, bread (or what not), when I was only a few months old and she raised a large family; so did my aunt and my grandmother," is the remonstrance of the anxious mother, when informed by the physician that such foods are objectionable. The sensible mother will doubtless reflect that while her own mother's experience, added to that of her female relatives, may be valuable, especially because of its personal element, the doctor's experience must have been much larger, since he is called upon to supervise the "raising" of hundreds of infants. Moreover, mother may have forgotten the troubles and diffi-

culties that had arisen from improper feeding of her children or may have misinterpreted them, while the physician, being called upon for advice in health and sickness, has the facts of each case constantly under the control of his judgment.

The human body is a self-compensating machine; its various parts are so beautifully adapted to their functions that, when one organ is deranged, another will vicariously accept the work. Often the organism rids itself of undigested food or bad air without perceptible disturbance. For this reason faulty feeding in adults is rarely followed by untoward results. Even in infants this may be the case in mid-winter when bacteria are not so prone to multiply in food and poison by its products. This is one reason why many mothers praise various kinds of foods which to the physician are known to be faulty. My baby thrived on this or that, one would claim; he grew fat and healthy on it; there is no better food existing. This argument seems unanswerable; but the conditions surrounding this particular baby must have been different from those under which others are situated. The season of the year, the child's age, its previous feeding, whether on breast milk or artificial food, its hygienic surroundings, its constitutional peculiarities, and many other important elements, must be brought to bear upon the solution of this question. Each child presents an individual problem when artificial feeding is considered. For this reason mothers should not more readily accept advice from their friends and relatives upon the food management

of their infants than they should accept advice from them upon their medical management in illness. The physician is, or should be, the guide in preventing as well as in treating illness. This would seem but the dictate of common sense, and yet how often is it disregarded.

To return from this digression to the chief point, mothers worry lest the fluid diet do not suffice to nourish and strengthen the baby. Very few have that respect for milk as an article of diet which those who have studied it in all its phases are forced to accept, and which I trust to impress upon the mind of the reader by writing this article. That milk is the most complete single food known is evidenced by the fact that it is the chief dependence for maintaining the body of most animals at the most feeble and important stage of development in infancy. Another proof of its inestimable food value is furnished by the fact that it is relied upon as the chief nutriment in protracted illness. Chemists have ascertained positively that milk contains all the elements necessary for forming heat and developing force or strength for the body. It has been computed that one pint of good cow's milk contains an amount of food elements sufficient to furnish approximately the same quantity of force, strength or bodily energy which could be obtained from four eggs, or from nearly half a pound of scraped meat. Physiologists have arrived at the conclusion that it is not the most concentrated food, or the most palatable, or the most expensive that is most nutritious; but that which contains the largest proportion of nutritious (chemical) elements in propor-

tion to its weight, and the largest quantity of which may be borne by the stomach without satiating quickly. Judged by these standards milk stands pre-eminent as a healthful nutritious food, even for the adult. One pint of milk would surely be less apt to satiate than four eggs or one-half pound of meat, and yet it contains as much energy or force-producing elements as either one of these so-called strengthening foods.

As the quantity of energy, or force-producing elements in a food, is the true guide to its value, let us see how milk compares with some other foods in this respect. Physiological chemists have positively determined that 30 ounces of milk contain as much of nutritive energy-producing elements as $12\frac{1}{2}$ ounces beef, 15 ounces bread, $1\frac{1}{4}$ pounds potatoes, or 5 ounces rice. An infant which at six months consumes three pints of milk receives, according to the most reliable estimates, one-fourth of the force-producing elements of food which a full grown man requires to sustain him. No infant requires so much; many receive more, and yet mothers are troubled lest their children be starved on this liquid food.

If these figures are correct, and I believe they are, mothers should be convinced beyond a doubt that when they feed infants on milk they give them not only the most nutritious and energy (strength) producing food they can obtain, but also a food which is best adapted to their needs in the period of growth and development. Another error of which the minds of mothers need to be disabused is the idea that children and even infants

require a variety of food or rather that a variety of food conduces to better health. That infants under nine months thrive best under a monotonous diet, is proven by the fact that they are maintained in better health and condition on their mother's milk than on anything else. That children require a variety is really a fault of our education. While it is true that a variety of food *elements*, whose destiny in the body differs greatly, is very essential to proper nutrition, it does not follow that a variety of *dishes* or *materials* is required for this purpose. A child requires a sufficiency of wholesome, nutritious food to satisfy it, but it would not require a *variety* if its normal tastes were not vitiated by indulgence in various dainties and condimental articles that have very little food value. As the child advances in years, its association at table with its elders, whose fondness or solicitude provides it with a variety of foods, develops a taste, which in after life forms an agreeable diversion, into a seeming necessity.

As this may be regarded as a singular statement, it is incumbent upon me to state that it is the result of an observation extending over twelve years in an institution in which I have had the sole medical care of one thousand children in health and sickness. These children are brought for reformation from the slums and tenements of New York city, many of them being the offspring of poor, criminal, drunken and otherwise depraved and negligent parents. And yet, after a few months' residence in this institution, under the watchful care of a

kind and skilful superintendent, these children present a better average of health than can be found among the same number of children in the best circumstances. What is the reason of this change?

1st. Regularity of life, in rising and going to bed, attending school, playing, etc., under rules from which no deviation is allowed.

2d. Sleeping in well ventilated dormitories, which are models of cleanliness and into which the bright sun shines during the day, and whose ventilation and heating are watched all night by officers.

3d. Careful attention to cleanliness of person and clothing. The latter is comfortable, but not luxurious.

4th. A simple diet, adapted to the mode of life and occupation of the children. The morning and evening meals consist solely of milk and bread sufficient to satisfy each child, while the noon meal consists of bread, potatoes, beans, butter, a small quantity of meat, these not being given at the same meal, but on different days. Under this simple management these children not only grow strong and remain well, but they resist much better in sickness than do children in my private practice. It would astonish the reader to examine the hospital records of this institution and note how few succumb to diseases which are usually fatal among her own acquaintances.

So strong is the prejudice in favor of a large variety of foods, that not long ago a committee of the kind-hearted directors of this model institution discussed the propriety of changing the diet list. When the chairman

of the committee suggested that he would not be satisfied with milk and bread for breakfast and supper, I pointed out the fact that, if sentiment is to be our guide in this important matter, a change may be indicated, but if experience is to be the guide none was demanded. I rehearsed with pride and satisfaction the facts above referred to, which are an unanswerable argument for simplicity and wholesomeness of diet. The latter are as im-

portant in the infant as in the child of larger growth.

To conclude, therefore, Baby gets enough when, up to the age of six to eight months, it receives all the good pure milk it can consume, and if later, as the molar teeth develop, farinaceous food, like barley or oatmeal, or stale bread and an egg be added. Beef tea and meat should be avoided during the first year of life, for reasons which I may state more fully in another article.



THE ABUSE OF HOSPITALITY.

BY SAM'L J. FORT, M.D., ELLICOTT CITY, MD.

THE baby comes into a world full of unknown and deadly enemies; it is virgin soil for the development of bacteria and microbes, and we, who are its natural protectors, know very little of how to keep them out or, when once within, how to prevent or subdue their dread ravages.

Were the baby's surroundings always physiological, it might escape disease and untimely death, but our higher civilization does not recognize physiology or hygiene as necessary concomitants to life, hence Baby's struggle for existence is sadly handicapped from start to finish. Associated

with these known causes of disease are others, no less important in promoting a condition analogous to disease—that which is familiarly known as “weakly” “sickly,” or “puny.” Very many times this condition of the little one is the direct outcome of untimely kindness, a kind of “Heaven-protect-me-from-my-friends” environment.

We, as a nation, boast of our hospitality; we think very little of our own comfort when our friends come to see us; we go to extremes to make their visit pleasant and succeed very often in rendering them unhappy by the very means taken to cause their time to pass pleasantly. I know of no one

person who suffers more from this condition of things than Baby, though his mother may be included in the category, especially if she has the misfortune to be young and is thought to be inexperienced because of her youth. It has been my experience that a young mother having in her bosom the true, and what I firmly believe to be the instinctive, mother-spirit, will unconsciously and surely rear her child in accordance with the laws of nature. And why should she not? The Divinity whose power gave her the child gave her with it the mind which, untrammelled, will do its best with the little life confided to her care. Her child is part of herself, she has carried it in her bosom for a time, and during that time every thought has been for the little stranger soon to come into the world; she has planned for its future and, after its advent, she lives for it alone, studying its disposition, its ways, its everything. She comes to understand it better than even the trained physician, she knows its needs, she recognizes its wants and gradually evolves a system of management that is close to perfection.

I doubt if any mother would clothe her child as many children are clothed, if not hampered by the advice of others, providing always that the true mother-spirit is there. The great trouble is, the mother may be a sensible person, ready and willing to do her whole duty, instinctively sensible in all matters pertaining to clothing, diet, etc.; but she has friends, mothers themselves, who, having raised families, abuse the hospitality made possible by our civilization. By urging, nay, insisting, upon their own knowl-

edge and experience, they overbalance the natural good judgment of the younger woman, and she, thinking herself too inexperienced to contradict, permits extravagances in dress, improprieties in diet, sometimes with disastrous results to the child.

Now, this is all wrong, and I venture to remonstrate, first, for the sake of the baby, and second, for that of the mother. The experienced matron who advocates hardening a child by keeping it during arctic weather in clothing fit only for the tropics; who advocates a diet for the little stomach suitable for a working man; who persists in urging the use of a patent food to relieve the mother from the onerous duty of nursing, because this divine duty is a trouble or likely to distort the figure; who will feed the baby with sweets, regardless of protests, because, forsooth, she has fed her children such trash and they have lived to tell the tale; who insists that she knows it all, and that the physician is a crank, and who points with pride to her own pasty-faced children as the results of her experience—verily these are enemies far more dangerous to Baby than microbe or bacilli, and all praise to the mother who says, sweetly but firmly: "This is my child and I cannot permit it to take what I know is not wholesome or what I know is not good for it." There are a few mothers with strength enough of mind to do this, but there ought to be more, and if this sounds a note of warning my duty will be done. Every child is a law unto itself. I do not deny that many children live and grow to a fairly vigorous manhood and womanhood after pass-

ing through an ordeal that should have extinguished their lives at an early period, but who shall say what an effect that ordeal may have upon their children, and who can count the thousands that die under like conditions, or lead lives of continual martyrdom from chronic disease?

The mother has not only to think of the baby smiling in her arms, she must think of the other baby of which her baby may be the father or mother, and of others still later, her grandchildren. We, whose lot it is to minister to the necessities of mentally deficient children—our records reaching back for nearly forty years of accurate scientific study—we see the evil effects of intemperance, not only in the abuse of alcohol, but the equally to be condemned intemperance in diet, and in too much or too little clothing, the results not showing in one generation perhaps, but cropping out in the second or third.

Think of this, mothers, when your

hostess offers your child something you know to be indigestible, and works upon your sympathies to gain her point by telling you that you are depriving the child of a pleasure just for a foolish whim. Better a whim than a convulsion; think of this when your fashionable friend and neighbor allures you with praise of your pretty babe and urges you to abolish flannel and comfort for fine linen and appearances. Refuse to take chances with the sacred bit of humanity given into your care for a time. Study your baby; there is plenty of help afforded young mothers by printed matter, edited by men and women who are practical, experienced and sincere; trust more to your own common sense, rely more on your physician. He is not the man of a past decade, he, too, has progressed with the times, believes more in prevention than cure, and if permitted to do what his experience dictates, will map out for you the physiological life your baby needs.

THE CARE OF THE TEETH AND MOUTH.



UNDER the title of *Popular Essays upon the Care of the Teeth and Mouth*, Dr. Victor C. Bell, of this city, has published a popular treatise upon a subject which is of engrossing interest to every mother. The work is the outgrowth of practical experience, and the author justly says that for years he has noted and deplored the lack of information upon dental subjects that is displayed by otherwise intelligent people. He has supplied a real want by

his lucid and well-considered work, which is divided into chapters on "Cleanliness," "Filling the Teeth," "Extraction of Diseased Teeth," "Artificial Teeth," "Advice to Mothers," "Children's Teeth," "Crown and Bridge Work," "Fractured Jaws," "Cleft Palate," "Hints on Home Remedies," "Quackery."

We quote from the chapters which will be of most general interest to our readers:

CHILDREN'S TEETH.

After the mother has secured to

her child a solid foundation, her work has but begun. As soon as the teeth appear they must be carefully watched, for, as they take some time to solidify, they easily decay. As to the best means for preserving these organs there is much misunderstanding and lack of knowledge, and hence many a child's teeth are unwittingly permitted to decay. The following suggestions on the care of infants' teeth will, therefore, I think, be of some service to the reader.

Children grow two sets of teeth—the milk teeth, twenty in number, and the permanent ones, thirty-two in number.

The milk teeth generally appear as follows :

Central incisor, . . .	5th to 6th month.
Lateral incisor, . . .	7th to 8th month.
First molars, . . .	12th to 16th month.
Canines, . . .	14th to 20th month.
Second molars, . . .	21st to 36th month.

The eruption of the lower teeth usually takes place before those of the upper.

The permanent teeth appear in the following order :

First molars, . . .	5th to 6th year.
Central incisors, lower jaw, . . .	6th to 7th year.
Central incisors, upper jaw, . . .	7th to 8th year.
Lateral incisors, . . .	7th to 9th year.
First bicuspid, . . .	9th to 10th year.
Second bicuspid, . . .	10th to 11th year.
Canines, . . .	11th to 13th year.
Second molars, . . .	12th to 15th year.
Third molars, or wisdom teeth, . . .	17th to 23d year.

As the milk teeth last but a short time, or until they are displaced by the permanent teeth, very little attention is generally paid to their preservation. Tartar and filth are allowed to accumulate, and as soon as they become troublesome they are extracted.

The idea that the milk or deciduous teeth should be taken out as soon as they ache is not only erroneous but harmful. So long as they can be saved they should not be removed, as serious injury is inflicted on the child. If these are extracted the incoming permanent ones are seriously interfered with ; they grow out of their allotted space, or grow in an irregular manner, distort the mouth and impede the work of mastication. Nature indicates the time for their removal by absorbing their roots and loosening their crowns, preparatory to the appearance of the permanent teeth. Moreover, it is somewhat dangerous to extract any of the milk teeth, because the jaw is not yet perfectly developed, and is, therefore, very frail and liable to fracture. It is because of this belief and the consequent neglect that the milk teeth decay so rapidly. As soon as they appear they should be cleaned every day with soft linen, and when all the teeth are erupted a soft brush should be used. Tartar, easily distinguishable by the dark or green stain which it imparts, should not be permitted to accumulate.

From the tables already given, it appears that at the age of six the child has four, and at the age of twelve it has twenty-eight of the permanent teeth.

The sixth-year molars deserve a special notice, because they are so frequently confounded with the first set of teeth. The reason of this is, that those back teeth of the upper and lower jaw on either side make their appearance before any of the first teeth are shed. If neglected, as they

too often are, they are early lost, and can never be replaced, except artificially. When you are able to count a row of eleven or twelve in each jaw, that is, as soon as there are more than twenty teeth in all, you may be sure that the last molars on either side belong to the second set.

During the eruption of the milk teeth, children frequently suffer from stomatitis, or inflammation of the soft parts of the mouth, due to the irritation produced by the teeth forcing their way to the surface. The mucous membrane, or lining of the mouth, becomes very red, there is an increased flow of saliva, the parts are irritable and sore, the child is in a feverish state, it is disinclined to put anything in its mouth, or to take food either from the spoon or nipple, because of the pain which it experiences. The irritation and swelling may be so extensive that the entire nervous system becomes affected, and the child is thrown into convulsions. Relief may frequently be obtained by lancing the gums, and thus mitigating the irritating pressure of the incoming teeth, and by spraying the mouth with a solution of fifteen grains of borax, or chlorate of potassium, dissolved in a tumbler full of water, or by painting the cheeks and lips with linseed.

Of course, during dentition children may suffer from many other diseases, none of which are within the province of the dentist. In such cases the physician should be consulted, and much unnecessary pain, if not serious consequences, may be avoided by a timely call.

Very early in life children may

acquire bad habits, which will result in deformity of the teeth, and hence parents should make a strong effort to correct them.

THUMB, OR FINGER SUCKING.—By this habit the lower teeth are forced inwards and the upper teeth outwards. These results are due to the peculiar way in which the fingers rest upon the teeth during the act of sucking. Unless this habit is checked before the permanent teeth appear, it will result in disfiguring them, and speech and mastication will be impaired. The habit may be broken by wrapping the finger with muslin saturated with some harmless preparation, disagreeable to the taste.

LIP SUCKING.—This is another habit which may result in depression of the lower teeth. The child, by drawing the lower lip into the mouth, exerts a pressure upon the teeth, and they are forced inward to such an extent that deformity results. The space for the back teeth is greatly contracted, and extraction of one or more is required to make room for all the teeth in the arch.

If the child cannot be broken of this habit in any other way, a fixture similar to a splint ought to be made and put between its teeth and lips, so as to make it impossible to draw the lips into the mouth.

MOUTH BREATHING.—Mouth breathing also produces irregularity of the teeth. This habit, most commonly indulged during sleep, is frequently due to some nasal obstruction of the air passages. In these cases surgical operations are often necessary. Sometimes the habit is acquired when no organic trouble exists. The most

effective way of breaking this habit is that employed by the Indian mother, who bandages the mouth of the child, and in this way forces it to breathe through the nostrils, or not to breathe at all. Rubber appliances, working on the same principle, are in use to-day, only they are free from the barbarous character of the Indian method; that is, they work on the principle of inducing nose breathing, by making it so difficult to breathe through the mouth that the child readily accustoms itself to breathe through its nostrils.

CRACKING NUTS, ETC.—Teeth must not be used as nut crackers. Like the bones, they are not solidified in early life. Even if they are, cracking nuts with them will soon result in their destruction, as they were not intended for such violent work.

CANDIES.—Children should be advised to abstain from candies. The cheap candies are frequently mixed with acids and arsenic, the latter being used as coloring material. We need hardly add that these foreign substances are most destructive in their action on the teeth.

EATING.—Children should be prevented from drinking very cold water after partaking of a warm meal. With Americans the use of ice water is very common. Very often after drinking hot coffee or tea, a large quantity of cold water is drunk. This mixture of the warm and cold is very injurious, not only to the stomach,

but also to the teeth. The habit should be broken in childhood, because when once formed it is difficult to overcome. But unless the food contains a generous supply of tooth-building material, no amount of cleanliness or correction of bad habits will suffice to preserve the teeth.

An eminent physician, speaking on the subject of food, says, "our pale-faced boys and girls are brought to this condition by living on butter, sugar, and superfine flour. To prepare these articles, the very elements that make bone and tissue are extracted." The child must be fed on plain, substantial food; it must not be too fat, or too rich, all pastries being avoided. A teaspoonful of lacto-phosphate of lime, or lime water, administered three times a day, will add greatly to the strength of the child's teeth.

To conclude, let me say that, as soon as the milk teeth appear, the utmost care should be taken of them. The child should be examined by a dentist at regular intervals, say of six months. It should not have any of the temporary teeth extracted, but should have them filled wherever necessary, and so preserve them until the permanent teeth are erupted.

By following these suggestions and bringing to their aid good common sense, mothers may secure to their children a set of strong, healthy teeth, which, with proper care, will last a lifetime.





THE ELABORATIONS OF MODERN LIFE.

BY JEANNETTE T. MABIE.

HERE is a charm which we all recognize in the life preceding that which has developed in our own century. The numerous articles in our magazines on colonial life, the charming stories which make us feel the warmth of old time Southern hospitality, and Mrs. Gaskell's and Miss Mitford's quaint pictures of English village life, are read with an interest which proves there must be something attractive in the comparatively simple conditions of the earlier days. As we struggle to meet the increasing demands which fill these last years of the nineteenth century, the old days seem very peaceful and we are almost tempted to envy our grandmothers, whose interests were so few. Heavy cares and responsibilities pressed upon them, but their lives were much less complex than ours, and the narrow circle of their opportunities bounded the field of their activities. Under the different conditions which existed then, both time and energies could be concentrated on their homes and immediate surroundings. The town or village in which they lived was the little world in which most of them played

their part, unconscious of what was happening even in their own land.

It is difficult for us who have been born since steam and electricity have brought their wonderful changes, to realize how shut in and undisturbed life was before the whole world was made one by their instrumentality. Then one's neighbors lived within the radius of a few miles, now we are expected to keep up friendly relations and exchange calls with acquaintances in all the adjacent towns. When tidings of any remote calamity could not reach one until weeks after it occurred, though the sympathies were stirred, it was in a very different way from that in which we are touched now, when we realize that we are hearing of present suffering which it may be in our power to relieve. Even the household cares pressed in a less exhausting way. The question of domestic service perplexed Puritan housekeepers as it does their descendants, and the choice often lay between doing the work themselves or accepting a wild Indian maid as "help." But in their simple homes the daily routine required much less time and thought than we must give it, and

they were not nervously exhausted by the attempt to reach, with one servant, standards which demanded the assistance of two or three. The vexed question of clothes also required comparatively small attention. Mrs. Earle in her "Customs and Fashions of Old New England," tells us that "the fashion did not in New England wear out more apparel than the man, for clothing, no matter what its cut, was worn as long as it lasted, doing service frequently through three generations." What a contrast to our method of elaborating garments only to cast them aside or remodel them at the end of one season.

As we study the life of that day and generation we realize that it charms us by its simplicity, but we have to admit that it also repels us by its narrowness. It is only in moments of weakness and weariness that we are inclined to sigh for the good old times which would shut us out from the rich inheritance the intervening years have given us. It is only simplicity we have lost, and this is the quality we must strive to regain. Not the barren simplicity of a life spent under such hard conditions that no elaboration is possible, but that which results from a determination to reject everything which may be an impediment in attaining the beauty of true living. We are all too apt to forget that the "life is more than meat and the body more than raiment," and to give our best endeavors to supplying things which should be only secondary. Instead of arranging our homes to best supply and meet the highest needs of those for whom they have been created, we spend our money in

accumulating hosts of unnecessary things, because our neighbors have them, and our precious time and strength on caring for them. Entertaining has become a fine art, requiring the resources of a well filled purse and skilled service to make it possible. There are too many women who, because they do not possess elaborate table furnishings, and a domestic force which enables them to offer innumerable courses to their guests, feel that they are not in a position to entertain their friends, and the old time neighborliness and informal visiting are rapidly becoming a thing of the past.

We are accustoming ourselves and our children to regard as necessities things which not many years ago were the luxuries of the wealthy, and are making it increasingly difficult for men with small incomes to maintain their homes. We are sent into the world to learn that which is necessary for our true development and to be useful and helpful to others, according to our abilities. It certainly was never intended that the machinery of living should grind so heavily that joy and peace are lost because of it. Harassed men and weary women, prove, however, that the cares of life are so burdensome, that they have neither time nor strength to enjoy the homes for which they toil. Excessive material elaboration always means a corresponding loss on the spiritual side. The spirit of hospitality is fettered as soon as we allow the question of its material expression to be of the first importance, instead of realizing that the vital thing is that we should enrich our homes by the constant presence of our friends. The

Christmas spirit has almost been lost in the last few years because of the multiplicity of gifts which we have poured into each other's laps, forgetting the example of the wise men, who gave not to each other, but to the Messiah.

We may well ask ourselves, as we realize the point to which we have come, what are the causes which produce the stress and strain under which we labor? But before we can satisfactorily answer that question we must understand that there is a natural and an artificial elaboration. There is an elaboration which means healthful progress, and which must come as the result of development. The life of a savage is so simple that food and shelter of the most primitive kind are all that he requires. The intellectual and spiritual nature are dormant, and create no wants because they practically do not exist. As soon as civilization touches such a life and it begins to move forward toward other and better conditions, the process of elaboration begins. A knowledge of greater physical comforts produces a desire for them, and soon higher wants are recognized and must be satisfied. The same thing is true of any community life. As numbers increase and more space is covered, conditions change, and the needs of the many can only be met by an elaboration of the simple methods which sufficed for the few. Again, what is the development of the plant but a true and beautiful elaboration from the unfolding of the first tiny leaf, to the flowering which crowns its maturity? Goethe discovered that calyx, corolla and pistil and stamen,

differing as they do in color and form, are but modifications of one typical form, that of the leaf. We could have no better illustration of natural elaboration than this, which shows it to be only a fuller development, instead of an extraneous and superficial thing. It is the primitive form carried on to a higher point and showing new beauties. In contrast to this are the elaborations which bear no true relation to the life on which they are imposed. They are no more the result of its growth and expansion than the trinkets with which a Christmas tree is decorated are its natural fruit. Making this the test we shall often recognize that things which may be good in themselves and desirable for others become only wearisome burdens, if we attempt to adopt them, because they are not true expressions of ourselves or our circumstances. They do not come as a natural progression toward some ideal, but as the result of our efforts to conform to capricious and ever changing standards which have nothing to recommend them but their novelty.

Much of the social life in our large cities is animated by the desire to produce some new effect or to outdo others in the manner of entertaining. So far has this been carried, even by people of moderate incomes, that those who are entertained are often oppressed by an inevitable realization of the fact that they have been offered far more than their host can easily or rightly pay for.

There is no country in which the pressure of modern life is so exhausting as our own. It seems to be in great measure an American development, and the causes are many.

As a democracy is the most expensive form of government, so in a democracy extravagance and luxury are more general than when class distinctions are rigidly observed. In older civilizations men and women are not striving to prove themselves other than they are, by adopting luxurious modes of living for which they have no adaptation or training. In no other land is it possible to make the sudden transition from poverty and obscurity to the possession of great wealth with all the opportunities it brings. The changes wrought for Aladdin by the genie of the lamp were no more wonderful than those which have transformed the lives of men who began their careers as workers in western silver mines. The change is all external, however, and there is no time for those whose wealth has suddenly increased to be educated to its best uses. With no accession of education and refinement they are given great and unaccustomed freedom in the use of money. All that they have known of the lives of those above them in the social scale has come through the impressions made by their material possessions, horses, equipages and clothes. If then they are to become like them, and prove themselves equal to or even better than those with whom they wish to associate, the only way seems to be to accumulate even more of these desirable things. It is this imitation of others, quickly followed by a desire to surpass them, which is responsible for much social elaboration. Very often the imitation is more fancied than real, and is based upon mistaken impressions of what others are being and doing. Many families who have had

the best social conditions which good birth and inherited wealth for generations can give, live with a simplicity which would astonish some of the *nouveaux riches* could they realize it.

Americans also make the mistake of trying to establish in our young country modes of living which it requires the resources of an older civilization to maintain. In England a multiplicity of homes is an ordinary possession. They are inherited by their owners, completely organized and furnished, and each presided over by a housekeeper, who has perhaps spent her life in the service of the family, and with a corps of servants who are familiar by long training with the requirements of the place. The mistress of such a home can leave it at any time knowing that everything will be well cared for in her absence and ready for her return. To attempt to organize and occupy several homes in this country imposes so much care and labor that one wonders at the energy of those who undertake it. It means beginning at the foundation to build, decorate and furnish houses which in the present condition of domestic service are cared for by a constantly changing and unreliable force.

While great material prosperity has brought to us, as a nation, the possibility of luxurious living, the inventions and discoveries of this century have wrought even more wonderful changes. Rapid transit now enables us to extend wonderfully the field in which we labor and the opportunities we may enjoy. It has also developed the dual existence which men lead whose work and homes are separated by a railroad journey morning and

evening. The price we pay for this is the lessening of the father's direct influence in the home, which comes to mean to him a place of rest after the daily strains which men are under who would succeed now that competition is so great. It also throws more of the responsibility of carrying on the home upon the mother at the same time that she, too, is taken out of it, by the extension of her own interests. The modern woman travels forty miles in a morning to do a few hours' shopping, and gives the rest of her day to keeping engagements, social, educational, or philanthropic. By the telegraph and telephone the whole world is put into constant communication. And through their instrumentality we are continually called to take part, at least in sympathy, with the onward movement of life all over the globe. Through the daily information which electricity

gives us we are forced to meet new responsibilities and to recognize and discharge "our duty to our neighbor," even though he lives on another continent. Suffering in Russia or China calls to us so loudly we cannot turn a deaf ear, and the constant communication with distant lands compels us to take an interest in their hygienic condition, even if we have no higher motive than a selfish desire to protect our homes from disease and death. It is the constantly increasing oneness of humanity which tends perhaps more than anything else to make life complex. By it we are familiarized with new modes of living and the products of all lands can be embodied in our homes. We are constantly taken further out of ourselves by a fuller knowledge of other conditions than those which surround us, while modern philanthropy includes the whole world in its warm embrace.



THE MOTHERS' PARLIAMENT.

Congratulation or —I have an intimate
Condolence? friend who is rejoicing
in the birth of her second child, I
know, with as utter and self-forgetful
happiness as she experienced at the
advent of the first, who is now
twenty-one months old. Feeling as
she does—and she cannot even im-
agine the possibility of feeling other-
wise—she has been astonished, some-
what amused, and not a little shocked
by the tenor of many of her friends'
congratulations.

"Their letters are quite different
from the ones they wrote when Alice
was born," she tells me. "Now, why
is it? One says, 'I am sorry it is a
girl; first, because, of course, you
wanted a son.' (I wanted a daughter
just as much!) 'and secondly, because
I pity any poor little woman-child
that is born into this hard, thorny
world!' Well, she has had a hard
life, and yet, can it be that one sex
suffers more than the other? I don't
believe it.

"Another says, pityingly: 'I sup-
pose you have no time for anything
now, with *two* babies to care for. You
must hope that the next will, at all
events, not come so quickly.'

"A third friend writes (she is a
near relative and a privileged charac-
ter, but this is going a little too far):
'Your husband will need a larger in-
come than he enjoys to support such
a family. For my part, I think chil-
dren are expensive luxuries.'

"This is a little better: 'Are you
disappointed that it is not a boy? I
know my father was; but then my

husband is very glad that I was a
girl.' And I am very glad that my
baby is—just what she is. If God had
given me a son I should have been
equally happy, but no happier, and so
I should if her eyes had been blue in-
stead of brown. Fancy being *dis-*
appointed in a healthy and perfect
child!

"Here is a message from a woman
of about my own age, who has really
won distinction in the sciences:
'Your letter brings news that never
fails to thrill me. I am sure that any
woman would rather hold her own
child in her arms than attain to any
degree of eminence in science or learn-
ing.' And yet they say that the
higher education unsexes woman.
Nonsense!

"I will read you only one more bit;
it is from one of the loveliest, most
unselfish girls I ever knew: 'Your
hands must be full, but happily full
indeed! I know you cannot help
feeling your life a necessity and happi-
ness for others.'"

She touches a true chord, does she
not? And is it not wonderful that
women, and even mothers, can bring
false notes into what should be a
heavenly harmony. — *Elaine Goodale*
Eastman.

A Chapter on the
Earth Diet.

—In a recent issue
a subscriber, sign-
ing herself as "G,"

from Corn Rapids, Iowa, asks for ad-
vice for curing "an appetite for sand."
When I read your remarks following,
I said to myself that I wished I could

BABYHOOD

answer her, having had the subject brought before me very practically by two of my children. My second child, a boy, showed a craving for Mother Earth as soon as he was allowed to come in contact with her. He was not at all particular about its being sand; he took anything that offered, loose loam in the vineyard, sand in his sand pile, heavy adobe, or pieces of plaster. Many people told me that it would do him no harm, and it did not seem to, except to act as a temporary laxative. As he has always been a very active, robust child, I took no decided measures about it more than to slap his hands when he was found eating dirt, until he began to walk and roam about. Then, as he showed no signs of being an epicure as to qualities of dirt, but ate it with equal avidity from freshly plowed ground or most unpleasant back yard regions, it seemed necessary to put a stop to it. We watched him carefully and put a little pinch of quinine or few grains of cayenne pepper into his mouth when he was found transgressing, but to no avail. I have seen him stuff in a handful of dirt to wash down the quinine many a time. One day some friends came to the house bringing with them a friend from the East, a Mrs. M. D., who told me that she had met with a good many such cases in her practice, and had usually been able to cure them by using lime water freely. So we tried it with little Dick, putting a table-spoonful into each meal of gruel, and in a short time he stopped eating dirt entirely, and has never shown signs of a return of the habit.

Next came along a little daughter,

who should have shown a feminine disapproval of dirt, but, far from it, she would lie flat down when she got a chance, wherever she came across loose dirt, and fairly gulp it down, absolutely roaring when she was disturbed at her feast. It acted with her as it did with her brother, sometimes seeming to sink through her digestive organs much as mud would through water. Of course we began on lime water at once, but it seemed not to leave the slightest effect on the craving for dirt. About that time our rainy season began, and she was not often allowed to get down to the ground. Then her older brother felt in duty bound to "tell on her" whenever he could, and she seldom got more than a taste of her favorite diet. She seemed to slowly outgrow the desire for it, eating it occasionally, but with less and less frequency, until now, when she is two years and three months old, she has apparently given it up entirely.

The two children are as strong and healthy as children can be, their digestive organs seeming in perfect order, as both are light eaters, but solid as to flesh and "stocky" as to build. Consequently, I should advise "G" to give lime water a thorough trial, and if that did not stop the craving, keep the little girl away from mother earth as much as possible, but not worry over her if she seemed in haste to consume her allotted meal.

In talking it over with my neighbors, I found one, a lady of about fifty, who said that even now a craving for clay will come over her sometimes, when she will go out of doors and find great enjoyment in eating small

lumps of adobe. They tell me that one of my children's great grandfathers was a noted sand eater in his childhood. Perhaps it is an inheritance from that ancient party cropping out once more, and so quite proper and natural.—*E. B. A., National City, California.*

—I am thankful to see
 Irregular a thorough protest in
 Eating. your May number
 against the habit of
 eating between meals. I wish to add to what has been so well said, that few parents or doctors know what an absolutely universal habit this is. As soon as children are old enough to have money of their own, they are perpetually spending it on candy, and when they have none, they are treated by their companions. It would be ludicrous, if it were not so sad, to see how careful some people are about what their children eat at home, while those same children are every day eating candy and cake away from home. I know one boy who is perpetually under the care of a doctor, and who has constant headaches, often being in bed with them, and I am assured by one of his companions that he is the greatest eater of candy in the neighborhood. His parents wonder why he has no appetite for his meals, without suspecting that he is eating candy every day of his life.

I believe that there is no more important duty for parents to perform than to guard against this pernicious habit of nibbling candy, cake and peanuts between meals, so that there is no appetite at the table, excepting for the richest and least wholesome

food. It can be guarded against, if children are taught any sort of obedience, or have any sort of a conscience. I have found myself that the best way is not to absolutely forbid ever touching candy when it is actually offered. That seems a little too hard on a child, and too great a temptation to disobedience, but I make it a rule that my boy shall not buy candy or cake without special permission, and that he shall always mention to me that he has had such things given to him, and tell me how much, the rule being that he must only eat a very small quantity. In this way I can at least keep some account of what he is eating, and at the same time make him understand the importance of being abstemious.

It is a compromise, of course, but where a child's companions are constantly eating, it is very hard to forbid entirely all such indulgence. When he was young enough to be always with me, I simply never allowed him to have candy or cake, and he did not ask for what he knew nothing about.
 —*M.*

Our —“Oh dear!” ex-
 “Atmosphere.” claimed Mrs. Smith, as she picked up the baby from the floor with just a suspicion of a jerk in the movement. “Baby is so cross, lately!” There was an expression of sharpness on the face of Mrs. S— which somehow seemed in keeping with the tone of her voice, and imparted a feeling of discomfort to those about her. She was tired and nervous herself, and ascribed to the little one the cause of its “crossness,” when it lay within her own condition and control.

I call attention to this representative unhappy fact, not to criticise, but to suggest a remedy. Every living personality throws out from itself an "atmosphere." According as the mind is serene and calm, or fretted and harassed, this atmosphere is charged with like tendencies, and we who come in contact with it feel at once the sentiment prevailing in the mind of the person. The child, connected with its mother as it is by ties not less subtle than powerful, is controlled in supreme degree by her moods and feelings if such are allowed license. She who conquers herself in this respect is indeed greater than one who taketh a city; and in such victory over self does she find relief from the resulting troubles, which are not understood. "Fretful Babies and How to Cure Them" is an over-written subject; "Fretful Mothers and the Remedy" is a more neglected theme. The woman whose nervous system makes her almost quiver at the slam of a door

and the ordinary noises of child's play, and who expostulates against everything the child does in her presence—such a mother is sure to have "cross" babies. Not that I sympathize less with the mother, but more with the child. All I am insisting on is that these mothers shall recognize the true reasons of the matter, for then only may the remedy be adopted.

The best possible tonic for overwrought nerves is rest. I earnestly entreat the tired mother to come to her own aid by taking regular doses of rest. Fretted mothers, fretful babies; tired mothers, tired babies. Doctor as you please, as a supplementary course, but be sure that half the remedy of this American curse of "nerves," is REST. Because you cannot lie abed for a whole day at a time, do not imagine that half an hour will do no good. Take the half-hour, and as often as possible. Relax the body completely, and while you lie there, "let the world gang as it will."—W.



BABY'S WARDROBE.

A Time-Saving Device for Mothers.

Among the many minor details requiring attention in connection with the personal care of little ones, is the buttoning and unbuttoning of drawers. Where the number of tots includes several who are too small to attend to it, or whose training leaves them helpless in such respect, the amount of time consumed by mothers

in such (useless) duty is anything but a small item, and they will be glad, I am sure, to learn of an escape from the difficulty. My little ones—two—were absolutely too small to be required to button the two sides to which I refer, and I cast about for a long time for a solution to the question as to how the result could be achieved through their own efforts,

leaving me free of the petty and oft-recurring care. This was my "invention," which, having been tested for six weeks, I pronounce satisfactory, and recommend others to adopt it.

It consists simply of a piece of narrow, flat silk-elastic, to the ends of which are fastened rather large buttons. That is all that has to be provided; five minutes' work, and it is done. One of these buttons being passed through a button-hole at the back, bring the end with the other button attached around the child's body, at front, and fasten same on the other side. Now, to keep all drawn up tight, I pass the elastic band at its central point over a button fastened to the waist-front in such a position that the little one may take it off the button and replace it after it has been pushed down the limbs.

Do not misunderstand me; the elastic band is *not taken off* at all, but merely pushed down the body—perhaps to the knees—as necessary, and pulled up into place again. This being such a simple operation, ensures its possibility with even very small children. My youngest is three years of age.

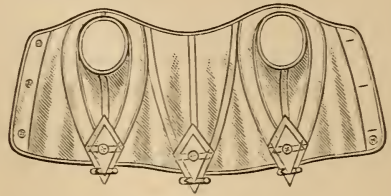
ELENORA H. WADY.

Somerville, Mass.

A Novel Baby Waist.

The eagerness shown by young mothers to see their little sons of only three years clad in trouser suits has probably prompted the manufacturers of the well-known "Double Ve Waist" to place on the market, as an introduction to this happy stage, a dainty little waist, "BABY'S," intended for tots under one year. Little misses may

enjoy the privilege, as well as the young aspirants to trousers. Being made of a single thickness of soft cam-



bric, they are light in weight and can be easily laundered. They are modeled on those made by the same firm for children above one year, and are complete in every respect, down to the attachments for diaper and stockings and the nickel safety pin.

Save the Sleeves.

Mothers realize how quickly the sleeves in the gowns of our little people are outgrown, usually long before the garment otherwise would need to be discarded or repaired. For the past year I have made my children's sleeves according to the following plan, which is original as far as I know, and which has proved very satisfactory, both for tiny baby's clothes and my three-year old daughter's.

The design is this: Cut the sleeve an inch longer at the lower edge than otherwise would be made; after it is all finished, run a fine gathering around it an inch above the band or trimming; double that half down and sew it neatly to the band along the line of gathering, thus making a half-inch ruffled tuck. This may be turned either down over the band, or up from the band, the latter being the prettier way. It is very easily made, adds to the trimming of the sleeve, is not

difficult to be ironed, and is very convenient when the sleeve is creeping half way up to the little elbow therein.

I hope this suggestion will prove useful to some of your readers.

M. E.

Flagstaff, Arizona.



OUR BABY RULERS.

BY FRANCES BOARDMAN.



HERE'S a race of little people,
Brighter than the elves
by far,

More delightful than the Brownies,
Sweeter than the Fairies are.

When the grown-up people's sandman
Fills their eyelids with his sand,
Then this baby-race holds congress
In some distant babyland.

They discuss our needs and failings,
Quite content to watch and wait,
Knowing well that theirs the power is
Of the home and of the state.

But to train and cheer our households,
Baby delegates are sent
In disguise to live among us
By the Baby President.

And they laugh with one another
At our singular intent,
While they make their preparations
To assume our government.

If you have a baby with you
And you watch it secretly,
You will see it often smiling
At some baby mystery.

But because the wise old congress
Feared its plans would be revealed
When the babies learned to love us,
All their little lips were sealed.



NURSERY PROBLEMS.

The Digestibility of Tomatoes and Cottage Cheese.*To the Editor of BABYHOOD:*

(1.) May cooked tomatoes and cottage cheese be allowed on the nursery table for young children? My daughter of three is very fond of them, especially the tomato, which she seems to crave.

(2.) Will you kindly give me a list of the most wholesome vegetables for young children?

(3.) Also tell me how my children compare with the average of their ages. One at fourteen months is thirty inches tall, and weighs twenty-five pounds. One of two and a half years, is thirty-two inches tall, and weighs twenty-five pounds. One of four and a half years is thirty-eight and three-quarter inches tall, and weighs thirty-seven and a half pounds.

Mingusville. Mont.

M. E. S.

(1) You know, of course, that the digestive power of children varies greatly, at least as much as that of adults. You probably also know that concerning the tomato there are many individual idiosyncrasies. We can, therefore, only advise as for a child of average digestive power. Ordinarily, at three we should have doubts about the admissibility of tomatoes, but if you raise your own or have them quite fresh, the child's craving may be gratified in this way. Scald, skin and thoroughly stew the tomato and strain through a colander sufficiently fine to remove all seeds. By many or by most the tomato cannot be used at the same meal with milk. We think that tomatoes given in this way might be given at the mid-day meal. As to canned tomatoes, we feel more doubt. Perhaps the best qualities stewed and strained might be borne. So, too,

we should not ordinarily give cottage cheese at so early an age. If given at all, it should be spread thinly on stale bread in place of butter, in order that it shall be taken only in small quantities and shall not be swallowed in lumps.

(2) Of vegetables—in the usual sense of the word—there are very few which can be recommended for young children, although for some children a few are permissible. Such young children are usually to have their vegetable food in the shape of cereals or of things made from them. From wholesome bread, either from white or graham flour, and the various kinds of porridge, as well as rice and macaroni, they usually get nearly enough. Of vegetables, the potato is the one most commonly used. It should be given thoroughly roasted or baked, carefully removed from its skin, finely broken up with a fork and slightly salted, not buttered (the proper amount of butter should be given on bread). Of fresh summer vegetables, peas and some delicate kind of beans, if very well prepared, are among the best. Besides, thoroughly well cooked and prepared spinach is admissible, and possibly a delicate onion, stewed till very soft and finely cut up for the child, so that it shall not be sucked down in too large pieces. There are some others which are sometimes allowed, but none which we should recommend for children under five years of age.

(3) First mentioned, up to the average. Second, light and rather short. Third, just about average.

Frequent Changes of Food.

To the Editor of BABYHOOD:

My baby girl is fifteen months old. At birth she weighed nine pounds, at two weeks old only seven. I had very little breast milk, so on advice of my physician I tried successively crust water, barley water and condensed milk; they all proved failures. At last, when she was six weeks old, I tried Fairchild's Peptogenic milk powder, whereupon she became brighter. The gain in weight was slow; at ten months she weighed fourteen pounds. She seemed well, her appetite was good, and she slept well. But suddenly, just at ten months old, she was taken with violent fever and indigestion. My physician thought the food was at fault, and tried plain milk and water. She immediately became worse, passed blood and mucus, and at the end of two weeks was given up to die. I changed foods and doctors. I tried everything. The diarrhœa symptoms abated, but they said my baby was dying of marasmus. I again gave her milk prepared with Peptogenic milk powder, and she improved immediately. Her weight had become reduced to seven pounds; in two months she gained seven and one-half pounds, cut her first five teeth. I then thought it would be a good idea to give one-half thick barley water with the "Peptogenic milk," and on advice of friends about one-third of a slice of bread once in while. That was two weeks ago; now the diarrhœa has commenced again.

Will you please tell me, (1). What course of general treatment and diet would be most apt to increase the health and strength of such a child, and if in your opinion she will ever be able to digest ordinary milk as other children do?

(2). I am feeding her five ounces of food seven times in twenty-four hours; more than this causes indigestion. Is it enough?

(3). Is barley water loosening to the bowels?

(4). Will you please tell me how to prepare and feed "flour ball?" Is it not a starchy food and therefore indigestible? Can it be used as a regular article of diet? I am a new subscriber, so do not tell me to look over my "back numbers of BABYHOOD."

(5). I have been giving her a lukewarm salt water sponge bath every morning. Would it be better to bathe her but twice a week?

(6). I rub her legs a good deal with sweet oil and alcohol, and she is ever so much stronger; still, in spite of woolen clothing, she is never very warm, and cannot creep or stand alone. Is this coolness owing to defective nutrition?

(7). She always cries and seems dissatisfied after a meal, as if she wanted more; she watches the other children eat with hungry eyes, ready to "grab." Is this because she really suffers from hunger?

Alameda, Cal.

A. J. C.

(1). The general treatment would be to consider the child, by reason of her repeated attacks, as practically considerably younger than she really is, and to go on with a food that suited her, very gradually changing, as you are able, to the food proper for her age. But the details ought to be left to a physician, and, if you can get such, to one who is willing to discuss details with you and to give explicit and full directions. We do not notice, in all you have told, anything that shows she is less able to digest milk than other children of her age, but we do note a frequent change of food, which seems to have been made empirically, without any definite indication for it.

(2). It is probably enough. It is certainly better than giving more than can be digested.

(3). Not usually, probably never really so. Conditions might exist in which it was less constipating than some other things, and would thus by comparison seem laxative.

(4). The flour, say a quart or more, is tied in a bag and boiled for a long time, say all the daytime for two days.

The result is a hard, somewhat horny ball. The outer rind is cut away and the inner part is grated as needed for use. It is used to thicken the diluted milk food. The object of the prolonged boiling is to change the starch so that it becomes digestible. It is chiefly used for young babies, or for those who, by reason of illness, are to be treated as if young.

(5). Unless you know of some ill result of the daily bath, we think it

would better be continued.

(6). The condition you describe is probably due to defective nutrition.

(7). She very likely may have some uncomfortable sensation at the stomach, not necessarily real hunger. But many children desire the food which they see older children eat, just as they desire to have their toys, and it is usually injudicious to allow a baby to be present at a meal of adults or older children.



WHAT THE SCIENCE OF CHILD-STUDY MEANS.

IN a recent number of the *Forum* Mr. Oscar Chrisman relates how the word *paidology* suggested itself to him, and explains in what manner this new science is being pursued.

"From the first annual report of Clark University," he says, "I first learned of such a thing as a psychological laboratory, and the thought came to me that there might be worked out a pedagogical laboratory. As I had no idea what a psychological laboratory was, or what its work was, so I had no idea what a pedagogical laboratory should be or should do. But my subsequent work in the psychological laboratory at Clark University kept the

pedagogical scheme fresh in my mind, and I believed that such work could be applied to children. I could not free myself from this thought. I was rather timid about expressing it, for fear of being considered "cranky," but I quietly made inquiries whether there was such an institution in Europe, and learned that nothing of the kind exists. When, in March, 1893, I explained to President Hall my views about bringing the child into the laboratory, he said that this was an entirely new idea, and that no such work was being done anywhere, and he encouraged me to go on.

I reached the conclusion that a Department of Pedagogy in colleges and universities should include not only

such work as the Science of Education, the History of Education, School-Supervision, and the like, as many pedagogical departments now do, but also all things pertaining to the child, such as are studied by anthropologists, psychologists, physiologists and others. I felt that this work could be better done in a department whose specialty this should be, than as incidental to other departments and as mere past-time for them. My study of the hearing of children led me to see that the testing of the hearing and all such work must be carried on by scientists and not by school-officials, so that all bias could be laid aside and only facts ascertained. I felt that the child should be studied in a scientific manner by scientists whose sole business should be such study. I felt that the child is surely of as much importance as the plant, which has a department to itself—botany, or the animal which has a department to itself—zoölogy. I thought that as long as the study of the child was regarded as an incident of several departments, he would never be properly studied.

Then it became clear that this work is not pedagogy at all, but is something entirely new, and has no right to be placed under pedagogy. It is a new department that must be opened in college—a department of child-study, which I have ventured to call *Paidology*. By this is meant exactly what the word literally means—the Science of the Child. It is a pure science whose duty it is to inquire into the life, the growth, the ideas, the very being of the child."

The various departments of this science, as mapped out by Mr. Chris-

man, include, besides the psychology of childhood, the study of games, songs, and myths connected with children; the study of their diseases, and of the nervous manifestations peculiar to childhood—in short, of everything pertaining to their physical, mental and ethical development. So comprehensive a programme can naturally only be carried out in well-equipped institutions of learning.

Among a number of societies which have been formed for the study of the child, two especially appear to be promising. One is that which was organized last Summer at Chicago, called "The National Association for the Study of Children," at the head of which is President G. Stanley Hall, of Clark University; the other is the "Association of Collegiate Alumnae," which has a section for the study of the development of children, with Mrs. Annie Howes Barns, of Washington, D. C., as chairman. Professor Preyer, of the University of Berlin, the leading specialist on this subject, has offered to examine and return all six-months series of notes taken by this committee.

Mr. Chrisman describes some experiments made by him to test the hearing of children in cases where the existence of a defect had never been suspected by either the child or its parents.

"I had the child close her right ear with her finger, and hold the end of a tape-line on her head, just in front of the left ear. I unrolled the tape-line, and with my watch I found how far she could hear the ticking. I moved the watch backward and forward along the tape-line, held it far off, hid it in my clothing, and so on, until I

was sure that the right distance was found at which the child could hear the ticking. I was very careful not to let the watch touch either the tape-line or my hand that held the line. Then I tried the right ear in the same manner. The tests were made on two girls, one twelve years of age, the other fourteen. Before testing their hearing I asked them if they were hard of hearing, and both thought they were not, although the older girl said that she could study much better if the left ear was turned toward the other pupils. The older girl heard the watch at three inches in the left ear and at fifty-one inches in the right ear. The younger girl heard in both ears at sixteen inches. Reichard, who was the first to investigate the hearing of school children (his work was carried on at Riga, Russia, in 1878), says that he found twenty inches to be about the average reach of hearing his watch—a medium loud ticking watch. As my watch is a feeble ticker, I judge that the twelve-year old girl had normal hearing; and any one can see that the fourteen-year old girl has very acute hearing in her right ear, but is nearly deaf in her left ear. I venture to say that her parents and her teachers have never surmised that such is the case with her ears. I had made several other experiments with her before this one, and I had no idea that she had a deaf ear till this test. How one may never suspect that a child is hard of hearing is well shown in a third test which I give only to illustrate this fact. There is in the psychological laboratory a series of

tuning-forks, each differing from the next by about three vibrations a second. These girls were asked to arrange the forks in the order of their pitch. The girl with the unequal bilateral hearing took the forks, and, by striking them on the table and holding them to her right ear, was able to arrange them with very little trouble. The other girl was unable to arrange them correctly. Almost any one would think the first girl to be the more acute in the perception of sound, and so she is in the right ear. I would advise every parent to test his child's hearing with his watch and a tape-line, and if it falls below twenty inches it may be well to consult an aurist, or, at least, to be very patient with that child. This experiment should be tried at several different times, because deaf children hear better at some times than at others."

Mr. Chrisman, who has all the enthusiasm of a pioneer in a new field of study, predicts that some of his readers will live long enough to wonder how it was possible for colleges and universities to have existed so long, and to have differentiated so many departments of study, and yet to have waited almost till the beginning of the twentieth century to create a department which is, in his opinion, perhaps worth more than all the others put together. He confidently predicts that some of his readers will live to see the day when the science of the child will have taught the world more in fifty years about the child than the world learned during the preceding five thousand years.



HOUSEHOLD NOTES.

A Co-operative
Idyl.

—A number of people living in Brookline, Mass., are enjoying many of those ideal advantages that every householder dreams of, and without any of the vicious results that certain students of social questions warn us are inherent in co-operative communities. These people live in houses perfectly warmed and lighted by outside powers. The same or similar powers take care of their sidewalks winter and summer, wash and sweep the front steps, and look after the lawns and flower-beds. All this is done at a moderate cost. Each house has in the rear a grass plot of its own, and in the centre of the square formed by the four rows of houses there is a park with trees and walks and tennis courts. In this park is placed a pretty casino, where the members of the community can dance, bowl or play billiards, except on those occasions when some member engages it for a special entertainment. For such events as a dinner, a dance, or a reception, the entire building with its conservatories may be rented for \$9. This includes the attendance of a man from eight to twelve o'clock in the evening. Decorations of plants and flowers are to be had at a moderate additional cost. The caterer's service for table service, crockery, etc., for 100 persons, is \$7.50. Small and early parties, beginning at eight o'clock and with the last guest gone at 10.30, have the use of the hall for \$2.50. Of this plan of co-operation a man who has been a householder twenty-

five years says: "This community of interest in no way trenches upon privacy, and it is as easy to preserve seclusion and independence as in a city block, where neighbors are practically strangers. I find myself for the first time, although in the largest house I have been privileged to occupy, entirely without the cares of a householder."—*The New York Evening Post*.

The Nuisance of
Flies and How
to Cure It.

—Thousands of methods have from time to time been employed to rid us of one of the most fertile carriers of disease and infection, the "house-fly," but he has defied us. Sweet peas have been suggested; but this creeper will not grow at all seasons, and refuses to thrive in those districts where flies are most abundant. Fly papers are a boon, and yet a danger, as their poisonous nature precludes their being left lying about where there are young children. A cold infusion of quassia-wood treated with a trifle of molasses or treacle is not only cheap, easily procurable and harmless to human life, but it will kill these marauders by the million. It has the disadvantage of strewing the floor with their carcases.

Take this advice: Expose a little oil of bay in a saucer on your window-sills, or coat your doors and windows with any color of paint you like, containing as little as four per cent. of oil of bay, which is far from expensive, and can be had anywhere, and not a single fly will enter your house.—*Indiana Med. Record*.

Tea, Coffee
and
Cocoa.

—The *British Medical Journal* contains an interesting account of a lecture recently delivered in London by Dr. Ernest Hart on the above subject. The most essential point of all for making good tea of the finest quality, and with the least waste, is the thorough crushing of the leaf, and its subdivision in such a manner that the largest possible surface is rapidly exposed to the boiling water in infusing it. Hence the traditional preference by the Japanese for their carefully prepared and selected "tea-powder," which produces the finest tea in the world. Hence, too, probably the superiority of the thoroughly crushed tea-bricks of the best quality formerly sent from China to Russia. The difficulties and disadvantages of tea-powder obtainable in Europe at present are its liability to adulteration, its uncertain mixture, and the discomforts attending its use.

Passing to coffee, Mr. Hart said that coffee, as in France, had justly lost its reputation, and was commonly hardly drinkable by reason of its large admixture with chicory, which cheated the eye, but defrauded the system of the needful and necessary alkaloid. Chicory is worth 2d. a pound, and good coffee 1s. 6d. or 1s. 8d. There is only one secret in making coffee, and that is the berry should be good in quality, freshly roasted, freshly ground, and that not less than an ounce should be used for every pint of coffee, better two ounces. Weak coffee is an abomination, but it is what is almost universally drunk in England. Strong coffee

would cost not less than 1d. a cup without sugar or milk, and the only permissible dilution is with milk, not water; a pint of watery coffee, thickened and darkened with chicory and burnt sugar, and colored with milk, could be produced at 2d. a pint, and this is what is ordinarily drunk by the working classes. It is not a very agreeable and not a really restorative fluid. No wonder the use of coffee among the working classes is declining rather than advancing. Good tea could be sold for a fourth of the price of good coffee, hence the universal preference for it among the working classes and in the ordinary British household, a preference which is quite natural and justifiable. After discussing cocoa and chocolate, the lecturer concluded that only cocoa essences which were free from heavy admixtures of starch and sugar should be drunk; and he showed specimens of chocolate which were notable and much to be commended, in that they were also wholly free from added sugar or starch, and which he hoped would be largely introduced into commerce for the sake of the gouty and rheumatic, the diabetic and the obese, to whom a superfluity of starch and sugar was highly objectionable.

Cotton-seed
Oil.

—It has been stated that if the waste products of the world had been saved they would sustain the present population for more than a hundred years. Foreign countries give more attention than America to saving the waste. But, as the population of the United States increases,

and as processes of manufacture are developed, discoveries are made which turn the waste of former products into useful articles of commerce. Glycerin, wood acid, crude petroleum, and even the fine dust from anthracite coal have an importance to-day that they did not have formerly.

Cotton-seed oil is a most conspicuous instance of an article once thrown aside as a nuisance. Originally it was only a by-product in the manufacture of meal from the seed; and even after it was discovered that meal could be made, it was a question what should be done with the oil.

That question has been answered in various ways. What was garbage in

1860 was a fertilizer in 1870, cattle food in 1880, and table food and many things else, in 1890. A small quantity of the oil is made in England, but it is inferior to the American article because the seed comes from Egypt or India. The American cotton parts with its fiber more readily. The best oil is made from seed belonging to the Southern upland cotton, that from the seaboard having a darker color. The exports are chiefly from New York and New Orleans, and the greater part goes to France, Italy, and the Netherlands. There was a constant increase of exports between 1871 and 1884, when over 6,000,000 gallons, valued at \$2,600,000, were exported.

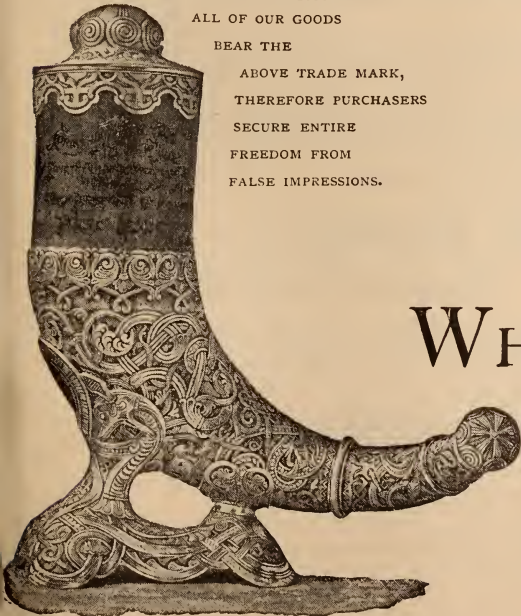
WE MAKE SOLID SILVER ONLY,
AND OF BUT

ONE GRADE, THAT OF STERLING $\frac{925}{1000}$ FINE.

ALL OF OUR GOODS

BEAR THE

ABOVE TRADE MARK,
THEREFORE PURCHASERS
SECURE ENTIRE
FREEDOM FROM
FALSE IMPRESSIONS.



Solid Silver

Exclusively.



WHITING M'F'G Co

Silversmiths,

BROADWAY & 18TH ST.

NEW YORK.

CORINTHIAN YACHT CLUB OF NEW YORK.
4TH ANNUAL SWEEPSTAKES.
WON BY "WASP."

Since 1884 the export has rapidly declined, only 2,000,000 gallons, worth \$1,300,000, being exported of late years, because the demand in the United States has increased.

Nine-tenths of the American product enters into the composition of foods, chiefly for salad and cooking oils and for the making of refined lard. The latter use is the most important of all. Nearly forty years ago the oil was mixed with lard for use in cold

climates so that the stiffening point would be several degrees lower. Lard was also prepared with this oil for the Israelites, whose religion does not permit the use of any product of the hog. The refined lard of to-day is made of refined packer's lard, pure dress-beef fat, and pure refined cotton-seed oil. The consistence of the beef fat is overcome by the oil. Three-fourths of the lard in use to-day contains from ten to twenty-five per cent. of the oil, and

An Ounce of Prevention



is cheaper than any quantity of cure. Don't give children narcotics or sedatives. They are unnecessary when the infant is properly nourished, as it will be if brought up on the

**Gail Borden
Eagle Brand**

Condensed Milk. Always buy the Eagle brand, and accept no substitute.

nearly all of it is sold as oil-lard. It has been attacked by producers of hog lard, but investigations have shown that the new lard is quite as wholesome as the old.

Table oil often bears the brand of olive oil when it is really cotton-seed oil mixed with a small proportion of the olive. Sometimes the oil is taken to France and Italy and mixed there, but more often the mixture is made in this country. So closely is olive oil

imitated, both as to taste and color, that only an expert knows the difference. In the earlier days of making cotton-seed oil the white oil brought a higher price than the yellow; but to-day the yellow oil is the more expensive. Cheaper processes of manufacture have lowered the price and encouraged the use of the yellow oil in making a substitute for butter.

Cotton-seed oil ranks next to sperm oil and above lard oil for illuminating

What do You Feed the Baby ?

NOTHING IS SO IMPORTANT AS THE RIGHT FOOD.

It should contain all the elements required for the perfect development of the child, and should also be very easily digested.

CARNRICK'S LACTO-PREPARATA

Is a pure milk food and is designed for Infants from birth to about six months of age.

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so far that nearly all the real sardines of Europe are now treated in the same way. The oil forms an emulsion in medicine and a substitute for cod-liver oil. On the market the crude oil is known as either prime, or off quality, or cooking. There are also the white summer, the yellow winter, and the white winter. All these, except the crude, bring an average of about fifty cents a gallon in the wholesale market. After the oil has left the seeds, they become food for stock in the shape of oil cake, while the ashes from the hulls make a fertilizer for root crops.—*Frederick G. Mather in the Popular Science Monthly.*

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THE MANAGEMENT OF INFANTS DURING THE SUMMER.

BY CHARLES G. KERLEY, M. D.

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WITH the approach of the hot weather, the question as to proper care of the infant during the trying period is uppermost in the mind of the careful mother. In view of the great mortality occurring among the very young at this season of the year, the solicitude felt is most natural. The chances for the infant surviving the summer can be said to depend to a great extent upon the home management. What this should be and how the emergencies which may arise are to be met, it will be the object of my paper to point out.

If at the beginning of summer the child is in fair health, if he is properly fed, housed, clothed and bathed, if the slightest gastro-intestinal or any other form of disorder is not ignored, the child will probably have no serious illness. If any one or all of these requirements are not appreciated or are neglected, the chances for a successful summer are proportionately diminished.

The mother who can nurse her infant during the heated term is fortu-

nate, but "poor or indifferent nursing is worse than bottle feeding" (Holt). Nursing infants sometimes have severe gastro-intestinal disturbances. I have seen fatal cases of diarrhœa develop in healthy breast-fed babies, and the initial cause could usually be traced to some indiscretion on the part of the mother. A nursing mother should avoid over-eating, excess in the use of tea, coffee and alcohol, excitement of all kinds, and over-exertion. The life should be a reasonably quiet one, with plain food, restful nights, and a due amount of exercise; in short, she should be temperate in all things. I have seen a great many mild attacks of vomiting and diarrhœa in nursing babies caused directly by excessive excitement in the mother.

In a large institution for homeless mothers and infants, in which I was resident physician for several years, disputes of a decidedly active nature, in spite of the vigilance of the officials, were not of infrequent occurrence. The infants of these pugilistic females developed gastro-intestinal derangement. The first breast milk taken after

the encounter would be vomited and very likely the next, and when the nursing was not temporarily discontinued, a diarrhoea, more or less severe, was the result. I have repeatedly known fright, worry, a letter from friends containing unwelcome news, causing anxiety and distress in the mother, to produce illness in the nursing infant. The milk of all the mothers in this institution was examined weekly, so that the relative properties of the ingredients were fairly accurately known. Within a short time after the excitement, marked variations were noted in some; the changes, however, were of short duration, lasting ordinarily but a few hours. Menstruation, especially when attended by pain and unusual discomfort, may produce similar results. Constipation and over-eating produces trouble in a few.

An important and generally unappreciated factor in the health of the child, and in the comfort of the mother, lies in the proper care of the infant's mouth and of the nipples. Before each nursing both the nipples and the child's mouth should be washed with a saturated solution of boracic acid. After the completion of the nursing, the washing should be repeated and the nipple dusted with some simple powder, preferably bismuth sub-nitrate. The whole process is a very simple one, and occupies but a few seconds. This insures as great a degree of cleanliness as can be practically obtained, and prevents in a large measure the development of disease-breeding germs in the child's mouth; the nipples meanwhile being kept in a healthy condition.

Breast-fed children are not nearly so apt to be overfed as those who are given the bottle, but many are nursed too much, particularly during the hot weather, when the infant as well as the adult requires a larger quantity of fluids. The child becomes thirsty and he makes the fact known. If the flow of milk is abundant, he is almost always overnursed by night and by day, the nursings being too long continued and too close together. Night nursing and feeding is unnecessary and injurious at any season of the year; during the summer it is positively dangerous. As a result of the long continued and too frequent nursing, more milk is taken at one time than is required, and the short interval between the nursings does not give the stomach sufficient time to complete the digestion. When this is repeated for a few days, a sharp attack of vomiting and diarrhoea follows, which may be the commencement of a very serious or fatal illness.

An infant in fair health should never be fed or nursed between the hours of 10 p. m. and 6 a. m., and there are many reasons why he should receive no food during these hours. He should sleep and will sleep, if the night feeding was never commenced. The training of an infant should begin with the day of birth. The nervous system requires an uninterrupted sleep of at least eight hours. The rest which the stomach gets during this time enables it to perform its functions much more thoroughly than when it is constantly at work, as will be shown by the gain in weight, the clear skin, the normal

stools, and the happy disposition. For the nursing mother, this period of rest is an absolute requirement.

Many claim it is cruel, that the child will starve if he is allowed to go so long without food. If he nurses well during the other sixteen hours, and if the milk is good, a weekly gain in weight will disprove this statement. I have under my care an infant who has never been nursed between the hours mentioned; she has made an average weekly gain of $6\frac{3}{8}$ ounces (never has lost) and now at the 7th month weighs 19 lbs. She has seven perfect teeth, and can almost stand with assistance. She is not fat, but muscular, is in perfect health and a finer little specimen of humanity can not be produced. This child has two sisters with whom the same scheme of management was carried out; they are both strong, healthy girls. Other instances might be cited, showing that night feeding is not necessary. If the child has been thriving, whether nursed or bottle-fed, do not accede to his demands for more food during the hot weather, other than a moderate increase corresponding to his growth and development; but satisfy the craving with water. After the nursing has been continued the usual time, stop it, and if the child is not satisfied, give him water, a few teaspoonfuls or more, if it is wanted.

A custom quite common with me at this period of the year is to give from two to four teaspoonfuls of plain boiled water after each nursing. Many times when digestion has been imperfect, when vomiting or regurgitation has been frequent, this simple means has given relief.

Quite recently two infants, aged, respectively, three and four weeks, came under my observation, on account of colic, undigested curds in the stools and loss in weight. They had been nursed properly every two hours, and not over ten minutes at a time. Both mothers had an abundant flow of milk, were in fair health, and anxious to nurse their babies; but were inclined to discontinue, as their milk did not agree, it being thought too strong for the baby. They were told to continue as before, with the exception that, immediately after each nursing, one-half teaspoonful of lime-water, mixed with three teaspoonfuls of plain boiled water, was given. The habits of life of the mother were not changed, as they were good. In from two to four days the colic had disappeared, the stools were normal, the babies were well and they have thrived on the breast milk since, making a satisfactory weekly gain in weight. The giving of the water was continued for three weeks in the case of one, and but one week in that of the other.

This plan will prove serviceable when there is a tendency on the part of the child to over-nurse on account of fever, or for any cause to remain too long at the breast. When the nursing has continued the customary time, remove him, and if more is wanted, give water. When there is a desire to nurse too often, which, as has been mentioned, is quite commonly the case during the hot weather, give a drink of water between the nursings. Every child will take the water from the spoon or bottle if he is thirsty. A little patience is necessary at first in teaching him

that there is something other than milk that is good for babies.

For the bottle-fed, fresh cow's milk and cream, properly prepared and diluted, is the best and safest diet. Absolute cleanliness in the management of the nipples and bottles, and the methods of accomplishing this, are so well appreciated that they can be dismissed without further comment. As to the quantity and frequency of the feedings, no definite rule can be laid down, excepting that only in the very weak and debilitated may food be given oftener than every two hours. Some children at the third month will take and require nearly as much as others at the sixth month. A small, vigorous infant may require as much food as a dull inactive child of twice his weight at the same age. The quantity and quality, however, should never vary. A certain amount should be given on the minute at certain intervals, the determining of which belongs to the province of the physician, who can only be intelligently guided by what the weekly weighings tell him. Nearly all the bottle-fed will be overfed if this important matter is left to the mother or nurse to decide. When there is a desire for more than regular allowance, give water as suggested for the breast-fed. When food is called for during the night, always give water; if the water is refused add enough milk to change the taste, until the child becomes accustomed to the new drink. In disease where there is fever, the water may be given quite cool and will always be taken greedily (See *BABYHOOD* July, 1893). If there is the slightest suspicion that the milk is "turned," it must not be given. In

August, 1891, thirty of the inmates in the institution previously referred to, between the ages of eighteen months and three years, all occupying one ward, became ill during the night with diarrhœa and vomiting. In looking for the cause, it was found that the milk which had been given the evening previous, was slightly sour, not sufficiently so, however, to be noticed upon casual examination.

The temperature of the living room should be kept as low as possible with free ventilation. As much out of door life as possible, during the cooler portion of the day, is of great benefit. Under no circumstances should a child be allowed to sleep in a draught. The abdominal binder is of no service after the eighth week, and should be done away with. Thin flannel should be worn next to the skin. Frequent sponging with cool water during the hot days is a great source of comfort; after a restless, tiresome day with the thermometer in the nineties, I know of nothing that will give a young child so much satisfaction, such a genuine rest, as a cool sponging just before being put to bed. In the weakly and the ill, a sponging or bath in the early morning hours will materially lessen the suffering. If this simple means were employed as generally as it deserves to be, soothing syrups and paregoric would meet with a much smaller sale.

If during the winter and spring, as a result of constitutional weakness or bad management, there have been frequent attacks of acute indigestion, which means diarrhœa and vomiting, there is established an irritability, if not positive disease, of the gastro-in-

testinal tract, and the slightest indiscretion in the diet of such a child is very apt to lead to serious trouble. In order to keep the baby well in summer, this most important part of the infant anatomy should receive attention all the year round. The rachitic and those who have whooping cough require very careful watching, as they are especially predisposed to summer diarrhœa.

DANGER SIGNALS.—These are fever, vomiting and diarrhœa; and the slightest evidence of any one of these signs of illness must not be neglected, whether in the breast or bottle-fed. If fever develops, there is a cause for it, and the chances are that it is the initial symptom of gastro-intestinal derangement. More often the attack is ushered in by diarrhœa and vomiting. It is a mistake to allow a nursing infant to remain at the breast during such an attack. Not infrequently the only treatment required will be to feed the child for a day or two on the foods to be mentioned later, the mother or the wet nurse in the mean time relieving the breast regularly at the nursing hour by the use of the breast pump.

An immense majority of the severe cases of gastro-intestinal disease occur in the bottle-fed, and every attack of diarrhœa and vomiting or diarrhœa alone in these children, during June, July, August and September is a serious matter and must be treated

as such. This the family cannot do without intelligent medical guidance; but they can do what is most important and necessary, and in which they can never make a mistake. With the first sign of the disorder, one teaspoonful of castor oil should be given. The milk or whatever has been the food, should be discontinued and wine whey, egg albumen water, toast water, or plain water should be given if drink is necessary, until the arrival of the physician. The neglected diarrhœa due "only to the teeth" or to "taking a little cold" is the cause of thousands of deaths yearly in this country; even if it is occasioned by teething, as is very rarely the case, there is just as much danger in delay. Most of the children brought to the children's hospitals and dispensaries begin to teeth, in the opinion of the mother, at about the second month, and the length of time which this process continues depends entirely upon the vividness of the maternal imagination. The presence of the pale thin gums in the very young, or the full set of teeth in the runabout child, are to them factors of no great importance.

The life of the infant depends largely upon the common sense displayed in its management, the attention paid to detail, and in the intelligent appreciation of what too many mothers are disposed to consider small things.





THE PROPER CARE OF MILK.

BY HENRY L. COIT, M. D., NEWARK, NEW JERSEY.

MILK is a fluid which seems to be indispensable to the human race, supplying, with water, both meat and drink in early life. It is, therefore, of the greatest importance that we, as parents and sanitarians, should guard our sources of supply, and endeavor to prevent those dangers due to neglect or ignorance. The proper attention to the care of milk after it is received is too often disregarded by those whose duty it is to protect their households and provide suitable food for their young. No more important work was ever ordained for woman than the supervision of the food prepared for those she loves. It is the birthright of her children to look for that which will best conserve their growth and development, at least while they are under her roof.

To insure its keeping qualities, milk requires to be received and kept in earthen, glass or porcelain vessels that are scrupulously clean. It should not be held in open vessels, especially if it is thus exposed to odors from other food. It should be kept in a clean dry atmosphere, having a temperature that will hold it at or below 50 degrees Fahrenheit. These conditions can only be accomplished by intelligent supervision, a recognition of the delicate constitution of the article, and its proneness to changes which render

it unfit for use. It can be easily shown that a long train of infantile disorders proceed from the simple neglect of the vessels in which milk is received, kept or served. The cleansing of vessels designed and used for food, if not a fine art, requires fine perception, and there are very few who possess it.

The transportation of milk is important in so far as it is affected in its temperature and composition. The exposure of cooled milk to the ordinary temperature of the air would soon cause it to assume the same degree of heat; this rise and fall of temperature is detrimental to it. It should not be allowed to vary more than six degrees above that which it registered when taken from the spring-house. The exposure of milk to the sun in tin containers which have not been cooled is likely to awaken into life some of the most dreaded poisons. The histories of such fatal accidents are familiar to all. Milk should, therefore, not be transferred during the heat of the day. The agitation of warm milk is injurious to it, since its component parts are held together more lightly when warm than when cold, and this explains the advantage of the quart jar for its transfer, which, besides allowing an equal division of the cream, prevents the churning motion of the milk.

The proper collection and handling

of milk are of the greatest importance. The objects sought are to prevent pollution and the subsequent changes so apt to occur in this animal secretion. They require, first, personal cleanliness of those who draw the milk, especially with reference to their hands; second, scrupulous care in cleaning all utensils and milk containers; third, the prevention of perpendicular droppings of dust and dirt, upon which dust particles the bacteria are borne to the milk. Next to these in importance is the cooling of milk. That this should be done immediately after it is drawn is absolutely essential. The normal temperature of the cow, and therefore, of fresh drawn milk, is about 100 degrees Fahrenheit. To insure its keeping qualities, prevent the growth of bacteria (germs), and the subsequent development of poisons, milk should be quickly reduced to about 45 degrees Fahrenheit and maintained at this point until used. Thus treated, in clean vessels it will keep several days. To accomplish the above condition, however, ice is necessary, and where well water only is available for cooling purposes, it cannot be brought about. Well water has an average temperature of 48 degrees Fahrenheit.

Micro-organisms (germs) are found in all milk after it is drawn; they are never present in the udder, except when the animal is diseased; therefore the many varieties of germs found in milk come from outside sources, namely: the hands of the milker; the skin and hair of the cow; the dust from hay or straw under the animal's feet; from the loft and ceiling above; from the air which is

constantly in motion, and the dirt left in improperly cleaned milk containers. These germs could not have a more favorable medium for their rapid growth and multiplication than fresh milk. The conditions of warmth, moisture and an animal secretion combine to favor their development. These micro-organisms, along with their rapid increase in number, throw off into the milk the products of their life, and in some instances they are virulent poisons. They are called *ptomaines*; and the poison found in spoiled cream known as *tyrotoxinon*, which sometimes makes such havoc with life, is one of them. These bacteria, aside from the poisons they are capable of producing, are by their presence and growth the cause of all the changes which occur in milk. One variety, when present in sufficient numbers, makes milk curdle and sour; another gives milk an offensive odor, often before it sours; still another causes the change known as "blue milk." Ordinary cow's milk, when sold, often contains from five to six thousand of these germs in a single drop, and if no disease germs are present, these do not materially alter the quality of the milk so long as they are not allowed to multiply. This increase always proceeds rapidly if the cooling is neglected or delayed; and, before twenty-four hours have passed the milk will contain many thousand organisms in each drop. Let it be remembered then, that cold retards or prevents the growth and activity of bacteria; consequently, the earlier milk is reduced to a low temperature, the longer it is likely to remain without change.

Disease germs (*pathogenic bacteria*) or those having the power of exciting disease, are often conveyed by milk; and it is probably true that no medium carries a greater variety. Were it not for our means of protection, contagion would more frequently be spread through this channel. The general knowledge on the subject, however, is a very efficient safeguard. The most important point in this connection is to recognize the fact that most of these diseases are produced by bacteria. In this way tuberculosis (consumption) is acquired from the same disease in the animal, transferred by contaminated milk and diseased meat. This danger assumes greater

magnitude when we remember that probably 30 per cent. of the dairy herds in this country have one or more consumptive cows among them. Likewise, scarlet fever and diphtheria may be brought from persons who, either recovering from the disease, or associated with persons suffering from it, are at the same time engaged in handling milk. So may also, typhoid fever and Asiatic cholera be carried by untidy milkmaids, who, between the milkings attend upon persons ill with these diseases, or who, while these maladies are prevalent, use water for cleansing purposes from wells in which, owing to contamination, may lurk death.



SUMMER DAYS AT HOME.

BY MRS. J. H. GROVE.

THIS is the season when people seek the sea, the lakes, the mountains. The miles of city walls are deserted by all who have the means to leave, and the contagion of summer outings spreads to village and country. For well persons almost any change is pleasant and for the sick it is often beneficial, provided that change does not bring them additional care. But of all times when mothers of small children will do well to keep them at home, if that home be cool and comfortable, the summer season is the time. At home are all

one's conveniences, and many mothers would need to feel quite strong to undertake to do without them.

Down in the grassy back-yard, my two little children spend most of their summer days. The big vine-covered walnut tree spreads great limbs and countless leaves over the hammock. In their season tall white lilies nod their graceful heads at the babies as they play, and leave yellow spots on the little noses. Girlie's pansy bed has had many blossoms. Fragrant roses combine with the rest to make glad the summer day. In time, roses and lilies fade, but not so

my babies. Brown and happy, with sun-burnt necks, they browse around the berry bushes. As fast as the currants turned red, four busy hands picked them until the bushes presented a sad and stripped appearance. The red raspberries have just gone, but the big blackberries ripen, a few at a time, to take their place. Next will come the grapes, so abundant that we have some hope of a little jelly.

The sand pile, which last summer was a great resort, is not so much patronized, preference being given to the hammock, a play house, or to more active games. In a nook of the grape arbor sometimes stays a noisy "bear." But as he has blue eyes and a yellow top-knot, he does not inspire the fear that he might. Some days are so hot that even the breath from the garden is too oppressive. Then it is left to the droning insects and to the birds. The house is cooler, and we are glad not to be in the ten-by-twelve room of a "cottage by the sea," unless it were in the far north. Indoor amusements are resorted to. In stringing buttons, sewing, dressing dolls, cutting paper with the rough pointed scissors of which each child has a pair, or perhaps blowing soap bubbles on the shady porch, the hot hours pass.

But heigh-ho for the fun when the hose is out! Wet shoes and dabbled dresses? Not a bit of it. Twenty little bare toes splash in the puddles and scatter the drops from the grasses. The only garments for this performance are drawers and waist, and a slip which is the oldest and shortest gown each has, or is, perhaps, the dress which has been worn long enough to be ready for the wash tub.

Drawers are rolled up, dress is pinned up, and the children are ready for a frolic. The little girl, hair in a tight "pig-tail" or done up with a hair pin, walks bravely under the spray, sometimes until the water runs in streams off that small pug nose, and the big eyes are blinking. Wee boy does not like that quite so well, and catches his breath, though delighted, when the stream is turned for a moment on feet and legs. Dripping and merry are they, while the rest of us look on laughing. Sometimes papa puts an extra supply of water on the tracks which the wagons have made between big gate and cellar door. Then mud pies are in order.

Do the children take cold? I must confess that I was afraid of it the first time they tried it, nor would I take the responsibility of recommending the performance. Perhaps the water is not warm enough, but these youngsters have never yet shown a sign of cold from it. In the first place, it is only in very hot weather that the shower bath is allowed. Then they are exercising all the time, and when the play is over, both are rubbed dry, and clean clothing is put on. It is an inexpensive way of going to the seashore. If we had light flannel bathing suits, the thing would be complete.

"Greenwood" is an artificial lake in pretty grounds at the end of a street-car line. There, to vary the monotony, the children take occasional trips with their father. So many beautiful things the little folks find. Fish-worms, snails, caterpillars, slugs, bugs of various sorts are included in the list, and are fearlessly taken between fingers none too gentle sometimes. The

latest object of interest was a big cocoon which the small boy found. A pansy plant was shaking and quivering in a wonderful manner. Mother was called, and found the cause of the disturbance to be a large cocoon fastened to the plant and covered with its leaves. The chrysalis was fluttering loudly inside, but we could find no opening. Finally, we cut off that part of the plant, and brought it into the house to await developments. Boy called it a 'coon and asked if it would bite. Almost a week we kept it, hearing the chrysalis often stir and rustle. One day, Boy and I sat down on the play-room floor to build a house, and there on the big Canton flannel elephant was a beautiful butterfly, of a canary yellow, with wings still too damp for use. What a thrilling moment for the children!

The cocoon was carefully examined and the opening found. This was one of the largest butterflies that I have ever seen. Probably I should call it a moth, for it had the beautifully feathered antennæ considered characteristic of moths. However, my little family are not scientific enough yet to care for such distinctions, and we called this lovely creature a butterfly. The front edge of each forewing was a distinct cord of pinkish gray, and curving inwards on its gray stem was a perfect rose-bud in pink and gray. The hind wings ended in a sort of swallow-tail and appeared at first quite long and pointed. Gradually they unfolded, until a spot of deeper golden could be seen on each. The body was a soft furry white. In vain we put sugar and water on a leaf. The insect was probably of the sort unable

to feed. [After keeping it until its wings seemed to be quite unfurled and its attempts at flight were tolerably successful, it was put on the blackberry bushes to take its own course in the short life remaining to it.

The summer diet of my children is not remarkably unlike their winter diet—milk being the main article. Sometimes I think that they drink too much, to the exclusion of other things. But they thrive upon it, nevertheless, and are excellent specimens of the "milk diet." I still heat the milk slightly, and there has been no bowel trouble thus far. If at the beginning of the meal I offer Boy a little meat, bread and butter, soup, egg, or fruit, he usually waves it away and calls for milk, *the* beloved first course.

The nurse-maid question is one which I should like to mention, although my experience is not nor will it, I hope, ever have to be extensive. It is a great blessing to be able to take charge of children one's self. And yet what a relief at times to feel that they are in the charge of some one trustworthy. A reliable nurse is better than medicine to many a mother. However, a mother, unless ill, never does right to leave the entire personal care of little ones to any stranger.

"Rosy" is the little maid who helps at our house, and though a tall girl, she is child enough to enjoy the plays herself. We think that we have a prize in a nurse-maid who seems refined, gentle, bright and willing, and whom the children love—a pretty good sign of kindness on her part, especially when children are old enough to know when they are imposed upon.

I would trust Rose farther than many an older girl, but good as the child is, she has been careless at times. Last summer, the baby-carriage was still in use, and Baby-Boy was trundled up and down on a certain "beat" under the maple tree. It seems that on one occasion another nurse-girl was tickling mine—so the story goes. The carriage containing my little son slipped away and rolled rapidly down an incline to the edge of the pavement. Bump—it went, against a tree, and my boy head-first! Fortunately for his skull, he just missed the tree, and fell, frightened and crying, on the grass. At that juncture I happened to make my appearance, or I might never have

known of the fall. Now, my little nurse-maid doubtless intended to be careful, but if my child had been injured, that fact would not have consoled me, and I should have blamed myself in the matter. This summer so much watching is not necessary, and the children are rarely on the side-walk. My young nurse takes all the extra steps for me, picks up the playthings, brings in the hammock, entertains the children, helps with their baths, and does countless other things which render her services invaluable, and make us sigh as the time approaches when she must enter school. But now we take as much comfort as possible—and so the hot days go by.



THE USE OF VEGETABLES IN THE NURSERY.

THE importance of fresh vegetables as bearers of extractives and salines, apart from their actual nutritive value, has been fully established, but is frequently overlooked in ordinary dietaries. Evil consequences speedily follow the withdrawal from the dietary of the important vegetable salts, scurvy, rickets, etc., frequently resulting.

Nervous children ought especially to receive care in this direction. It requires only a little tact and firmness to teach any child to eat that which

is most desirable from a dietetic standpoint.

Prof. Uffelmann says:

"It is in childhood that must be laid the foundations of the strength and vigor of manhood. The entire constitution of the adult, his power of resistance, his capacity for work, depends first of all upon his childhood, and upon the care he may have received during the formative period of his existence. From lack of such care many an unhappy human being has suffered throughout life, and even transmitted to succeeding generations evils acquired through childhood, or which, with better care, might have been eradicated."

The nutritive power of fresh vege-

tables is small, but they must be supplied with great care, as stated before, on account of the salts they contain. Vegetable foods are less digestible and less capable of complete assimilation than animal foods. The indigestible residue and the abundance of water makes them a valuable addition to diet—more especially to that of children—preventing too great concentration of food, stimulating intestinal contraction and promoting regular action of the bowels.

Spinach.

Spinach, which is a wholesome vegetable when properly cooked, acts as a useful aperient and is a remedy prescribed for habitual constipation, and has a direct effect upon the kidneys. It should be well cleaned, cooked in an abundance of salted water, and, for children, pressed through a purée sieve. It may be served with or without a little cream. When prepared in this manner, it will produce no irritation and is a vegetable that may be used frequently in the nursery, in broths, as well as served alone.

Onion.

The onion is valuable in several ways. It adds pungency and flavor to foods, and is slightly laxative. The French consider a purée of onions a great restorative in debility of digestion. Either the Spanish or Bermuda onion is preferable for the nursery, and it may be boiled tender in stock or water, served with cream sauce, or baked in a moderately heated oven, wrapped in a buttered paper. When made into a purée it is a satisfactory addition to a dinner consisting partly of starchy food, such as rice or potatoes,

thus supplying the fat necessary for these vegetables in the butter added to the milk or cream in the sauce to be used with the purée. Onions belong to the variety of vegetables that contain little starch or sugar. A sweet dessert, as for instance, wine-jelly, should accompany such a menu.

Celery.

Celery is both wholesome and digestible if in good condition. It may be eaten uncooked by children over five, in very small quantities; a single tender slip at dinner, and this well scraped, unless from the heart of the stalk. The outer stalks should all be scraped to free them from the indigestible covering of cellulose or woody portion, which is indigestible, and harmful for even an adult. For general use it should be stewed. It is valuable in rheumatic difficulties, care being taken to use the water also in which the celery has been boiled. This may be done by giving it as broth or by using it in making the sauce to serve with the celery.

Stewed Celery.

Cut off the tops, putting aside the tender and perfectly fresh portions for use for the general household. Cut the stalks into small pieces, first scraping them well. Boil quite tender in salted boiling water, just enough to cover the celery. It will take from twenty-five to thirty minutes over a quick fire. Serve with the usual cream sauce, made, however, with half celery water and half milk instead of all milk.

Experience will show that the tops usually require a longer time to cook than the stalks, hence, for nursery use, the tender portions

only should be used. The addition of a white stock would make a pleasant change, especially if made of chicken, as veal stock is not so desirable for nursery use, except under certain conditions.

Cauliflower.

This vegetable is both delicate and digestible, and a tablespoonful of the flower may be eaten for dinner by children above three and a half years of age. It should be eaten plain or with cream sauce, not with melted butter, which is never to be allowed on the nursery table. It is very nice when stewed tender and cut in pieces, in beef stock or in chicken gravy. Its preparatory cleansing must be very carefully done, a preliminary soaking, head down, being the first step.

Parsnips, turnips, cabbage and carrots are to be avoided for children, unless the carrots are very young and tender. They may then be boiled soft enough to press through a purée sieve and a very small quantity may be given either in broth or with a little cream and salt. The water in which these vegetables are boiled may be used in the broths made for the nursery.

Peas and Beans.

Dried peas may be used for children of three to four, if first soaked for twenty-four hours, cooked very soft, and pressed through a purée sieve. Fresh peas, if picked the day they are to be used, may also be added to a child's dietary, but they should be very young and tender. They must be boiled rapidly from ten to twenty minutes, in boiling salted water—just enough to keep them from burning—in a closed granite

saucepan, remembering that for all vegetable cooking, in fact for all cooking in the nursery, porcelain, aluminium or granite utensils should be used invariably. Very young beans may also be tried cautiously, or a purée of dried beans. Both peas and beans, when fresh, should be cooked as soon as possible after picking. The use of these vegetables must be watched closely for indications pointing to their assimilation or non-assimilation.

Asparagus.

Asparagus possesses diuretic properties and is a vegetable strongly recommended for nursery use, especially when in season. For children the tips only should be used, boiling tender in boiling salted water and serving either plain or with cream sauce.

Tomatoes.

Tomatoes are not to be eaten when milk is in the dietary. If given at all, it should be after the child has reached five years. They should be cooked slowly for several hours, in porcelain, and strained and thickened with a little barley, wheat or rice flour, a few grated bread crumbs or grated cracker, adding a pinch of bi-carbonate of soda before serving. Season, when preparing, with sugar, salt, and a teaspoonful of onion juice. They are valued because they act upon the liver. Raw tomatoes must be used very cautiously, and not until the child is five or six years old. The seeds and skin should be discarded and the tomato should be fresh-picked and just ripe. An under or over-ripe tomato is dangerous food. Tomato jelly may be tried, made from strained tomatoes and gelatine, in the usual way.

Beets.

Beetroot is a valuable vegetable, is an appetizer, and belongs to the class containing sugar, which knowledge is of importance in selecting menus that should contain the proportionate amount of the necessary constituents. It is not indigestible, unless tough and stringy. Very young beets may be cooked tender in boiling salted water, boiling rapidly. Care must be taken to wash the root without bruising it, and to cut off the tops an inch at least from the beet, as this will prevent the loss of the juices that are desirable. Serve plain; cut in dainty squares or slices. These may be added to the diet of a child six years old, with caution and moderation.

Apple Sauce.

This really comes under fruits, but it may be given at dinner in place of

a vegetable, at certain seasons of the year, when young, fresh vegetables are difficult to find. It should be prepared very carefully. As quickly as they are cored and pared, the apples should be dropped into cold water to prevent discoloration. When ready for cooking, put them in a double boiler of agate or porcelain, or earthen jar, in a pot of water and steam until tender, adding no water to the apples. When done, beat up with a silver fork or spoon and add sugar and a bit of lemon juice, if liked. Cinnamon, delicately sifted over the surface, is also a pleasant addition.

Brussels Sprouts.

Brussels sprouts, when very tender and perfectly fresh, may be carefully used after six years.

LOUISE E. HOGAN.



THE ELABORATIONS OF MODERN LIFE.

II.

BY JEANNETTE T. MABIE.



THE popularization of knowledge and art have opened to us much that was a sealed book to the generations preceding ours.

Women, even more than men, have been affected by the universal expansion of the last fifty years. Within that period the fullest opportunities have come to them, and the right to

work in any department has been conceded. Their interest in educational progress, formerly limited to striving to gain advantages for themselves or their children, has broadened until they have become a potent force in starting and carrying on new and progressive methods of training. Their quick sympathies and perceptions help them to solve the problems

of philanthropic and ethical work, and they have compelled attention to many social wrongs, which have been righted through their influence. While all these opportunities have come to them outside of the home, social life and the domestic machinery have been elaborated as never before. A modern house, with all its conveniences of plumbing, heating and lighting requires intelligent and watchful care, lest they become a source of danger to the health of its inmates. The superabundance of furniture and the amount of bric-à-brac with which its rooms are filled greatly increase the toil of housekeeping, and the problem of domestic service has grown yearly more difficult of solution. Is it to be wondered that the efforts to meet the innumerable demands made upon time and nervous energy have exhausted so many women? Women of other times have been content to do one or two things well, but we are continually tempted to try to use all the opportunities which are opening for us. In our enthusiasm for doing we forget the importance of being, and substitute superficial work in many fields for positive growth and usefulness in a few.

The channels through which men and women may express themselves have so multiplied that, if we are not watchful, our energies will be spent in attempting to use them all instead of accomplishing definite results through concentration and selection. We have been let out in all directions and have a freedom of choice which demands great intelligence for its use. Never before has it been so necessary for men and women to know them-

selves thoroughly, to recognize fully the limitations of their circumstances and abilities, and to decide wisely what line of endeavor they may follow and to what extent they can give themselves to any. It is not surprising that we make mistakes, for we have not yet learned to adjust ourselves to using all that has been opened to us.

That there is a positive necessity for us to take thought on this subject is proved by some real dangers which threaten us. Perhaps the most evident of these is nervous exhaustion, which is becoming so general. We all know what the condition is which results from working with every nerve strained to accomplish the task in hand, relentlessly pursued by the thought of things left undone and constantly interrupted. Yet this is the way in which thousands of men and women are spending their lives. It is not so much the things we do that exhaust us as those we leave undone. The task accomplished is forgotten, the one we have tried but failed to compass haunts us and destroys our peace. While we do the one and sigh over the other, the world is constantly knocking at our doors, demanding a fresh expenditure of time and strength and money.

Add to this the sad fact that not only men but women are learning to depend on stimulants to give them the artificial strength which will enable them to meet their engagements, and we shall see that there is a moral question involved even on the physical plane. Young girls caught in the rush of society life rely on champagne to give them the animation they lose through fatigue and loss of sleep, and

intelligent women, college graduates, standing in the foremost ranks of their professions, have been overcome by the necessity for keeping themselves up to the point of doing their work. Excitement and overwork or worry produce insomnia, and gradually the habit is formed of using stimulants or narcotics.

Another possibility which as women we are specially bound to consider is whether there is not a chance that our homes are being impoverished rather than enriched by the artificial elaborations of life. Are we not falling into the error of making what should be only a means the end, giving so much thought to the machinery that we forget the reason for its existence? A true home is a nursery for the protection and development of all the best possibilities of its inmates. If it is truly organized these will be the things first considered, and the expansion on the material side will not be permitted to dwarf the spiritual and intellectual. As an illustration of what women did for their children under a simpler régime, a former mistress of the Old Manse at Concord gave her sons, whom she was preparing for college, their lessons from the Greek grammar as she stood at the ironing table. Could we be content with plainer living, it might be possible for some of us to achieve the high thinking which would make us a more positive intellectual force than we now are to our children. The repose and companionship of those early homes were no small part of the education which made strong men and women.

The impression made upon intelligent observers who come to us from

other lands is shown by some comments of a representative Italian woman who attended the World's Women's Congress. Having been asked what she thought of American women, her reply was, "The thing that impresses me most in American women is the impediments they allow to come between themselves and their homes. They are so busy, so occupied with all kinds of outside interests, that they have no time for their homes or their children. They do not know their children, and are not their companions as Italian women are. I have been introduced to many women since I came to New York, but they are always hurried. They say, 'So delighted to meet you—what do you think of America? Sorry I can't talk with you longer, but I must go to a committee meeting.' It is always with them committee, committee, committee." Then turning, with a puzzled expression, to her listener, she asked: "What is a committee?"

Not only is the sweetness and restfulness of home life endangered by this constant expansion in all directions, but even the existence of the home itself. We have so elaborated and increased the things which we consider necessary for its well-being that a large income is required to supply them. Instead of realizing that all the elements of a true home are within the reach even of the poorest, we attach too great importance to its material form, and home comes to mean the house, with its furnishings and accessories. If these cannot be of the style desired, the modern solution of the difficulty is to repair to a boarding-house, and forever after

think of a home as one of the luxuries of the wealthy. Like the little girl in the story of "The Three Bears," we can only thoroughly enjoy things which are neither too large nor too small, but just right. A large house, with its increasing demands, has spoiled many homes by the strain which is imposed by trying to live up to it. It is not elaborate furnishings or trained service which give happiness and the inspiration to true living, but that subtle thing—the home atmosphere. If those who are responsible for the well-being of the home are absorbed by the effort to support and care for it according to certain material standards which they have adopted, they will gradually lose sight of other and more vital things. The man who feels that he is living beyond his income is apt to contribute irritability and depression to the daily intercourse, and the woman whose household gods demand daily oblations will sacrifice the restfulness of the home on their altar. There is something fatally wrong when men, with sufficient ability to earn incomes which would comfortably support those who are dependent upon them, live under a load of debt, and are driven almost, if not quite, to the point of dishonesty, in the effort to make both ends meet.

A witty writer has suggested that civilization is a mere cultivation of our wants and that, instead of undermining the simplicity of the Patagonians and enervating them with the luxuries of civilization, it would be better could they send missionaries to us to show us how to do without luxuries. If a shrinkage of wants could take place,

relatively our positions would be the same, and actually we should be much happier. The problem which confronts us is a difficult one, but the necessity for its solution becomes every year more evident. We cannot have Patagonian missionaries to show us how to mend our ways, but at least we can do our part toward spreading the gospel of simplicity. We must realize that there is no power forcing us to do all these unnecessary things, but that we are our own and each other's task masters, even to the point of making "bricks without straw." It is inevitable that elaboration must increase, and we must choose between those things which belong to progress and development, and the artificial elaborations which are only a hindrance to real growth. With all the fruitful opportunities which are coming to us and to our children, can we afford to hamper ourselves with so many unnecessary burdens? If we are to preserve health and strength to enjoy and use the one we must reduce the other and prove our intelligence by the things we leave undone. We show our national youth and crudity by our excessive decorations and elaborate furnishings, and should learn the beauty of simplicity from that older and more artistic nation, the Japanese. We express our inexperience as workers by attempting far more than can be well done and by inverting the terms of our responsibilities. The circle must widen from the center in well rounded spheres, and only confusion can result when we forget the nearer duty in trying to grasp the more remote opportunity.

The social atmosphere would be

greatly cleared and vivified could it be pervaded by the spirit of honesty which compels a perfect correspondence between what we are and the things we choose, and by the spirit of independence in ordering our lives in accordance with our convictions and our means. We have a great obligation to meet in this matter because of our responsibility to those about us. Every concession to social elaborations raises the standard for others and limits the freedom of social intercourse. The greater our ability to spend, the more evident our obligation to spend rightly. It is only those who are free who can make laws of any kind, and it is women of wealth and position who have the greatest influence in forming the social code, because their decisions are the result of choice, not of necessity. We must keep a high ideal constantly before us by which to measure the value of the innumerable things which demand a place in our lives, and especially those things which so closely touch our homes. What that ideal is cannot better be ex-

pressed than in the words of Emerson:

"Let us understand, then, that a house should bear witness in all its economy that human culture is the end to which it is built and garnished. It stands there under the sun and moon to ends analogous and not less noble than theirs. It is not for festivity, it is not for sleep; but the pine and the oak shall gladly descend from the mountains to uphold the roof of men as faithful and as necessary as themselves, to be the shelter always open to good and true persons. A hall which shines with sincerity, brows ever tranquil and a demeanor impossible to disconcert, whose inmates know what they want, who do not ask your house how theirs should be kept. They have aims; they cannot pause for trifles. The diet of the house does not create its order, but knowledge, character, action, absorb so much life and yield so much entertainment that the refectory has ceased to be so curiously studied. With a change of aim has followed a change of the whole scale by which men and things were wont to be measured."



THE MOTHERS' PARLIAMENT.

Teaching Baby
to go to Sleep
by Degrees.

—In reading the many helpful suggestions in your magazine it occurred to me that perhaps one method of teaching Baby to go to sleep by himself might be of value to some of your readers.

We had always heard of the trial of the first nights where Baby was left to go to sleep all alone in the dark, of how it was probable he would cry for three nights, and cause the whole household to weep in sympathy, and we determined to see if there were not an easier way for all concerned.

When he was two months old we bought a little "baby" hammock, and at bed-time put him in it on a pillow, and swung him gently till he went to sleep. At first it took fifteen or twenty minutes before he dropped off to sleep, then we took him out and put him in his bassinette. In the morning, if he woke too early, we put him in the hammock again, and by swinging him a little kept him asleep till it was time to get up. We put him in the hammock for his nap in the day-time also, and each day we swung him less and less, so that when he was four months old we simply set the hammock swinging and went away. From that there was only a step to leaving him without swinging, and then to putting him in his crib instead of the hammock; so when he was four months old, the little fellow went to sleep in his crib, sometimes before we could tuck him up and turn out the light.

He never once cried at being left alone or at having the light put out, and when I heard a friend, the other day, relating her trials in establishing her little girl in this same habit, I realized that we had found a very easy way of accomplishing an end that saves much time to a busy mother.—*M. F. W.*

—In our Mothers' Club we have given One Phase of the Fairy Tale. a little attention to the discussion of the use of fairy tales, and as they are so particularly recommended as a delightful means of developing the imagination of the child, as well as a recreation, may I present the other side of the subject?

Some years ago, in conversation with our little daughter, I was amazed to discover a most deep-rooted aversion to what she termed "a horrid old step-mother." I knew she had no personal knowledge of one, and a few questions soon drew out the fact that the source of her conception of step-mothers was her beloved Grimm, which we had placed in her hands for her own reading, knowing that her healthy imagination was never disturbed by fear of meeting any of the goblins and giants of whose exploits she so delighted to read.

Here was a dilemma! My own childish love for fairy tales was too fresh for me to feel that I could deprive the little one of her precious book, though I have since met a friend who had the same experience and did

not hesitate to throw her book in the fire. My child was older and the impression would not have been consumed with the book. All I could do was to undermine, so, by substituting for the step-mother of Grimm some delightful ones already known to our child—although she had not known they were stepmothers—her impression was modified, and, from having known from the first that fairies were “just make-believe,” she came to look upon such step-mothers as she read about, as also imaginary.

Yet I do not feel that the impression is wholly effaced, and in another case should be careful that my child should hear first of the loving, conscientious type before the cruel and inhuman. Is not this aspect of the fairy tale worthy of thoughtful consideration?—
I. T. F.

Science Versus
Colic.

—All old bachelors and most mothers consider the terms baby and colic as synonymous, for how many babies there are who have cried till the lips were blue, and how often old nurses say that all babies must worry just so much until they are three months old. At this magic age their “worriments” drop from them as a garment, and perfect children are evolved! But science is finding a remedy for all ills; we see it in the perfection attained in the artificial feeding of infants, so that a “bottle baby” is almost as delightful as one nourished in the dear old way at the mother’s breast. Indeed, the fear is that before long there will be no necessity for mothers at all, but

future generations will spring up from some scientific fact, and like Topsy will have “growned.”

We are experiencing a little of this new *régime* even now, in having no more *melan-colic* babies; on the contrary, they are so happy that no longer do young fathers become Knights of Labor, nor the tender young mothers animated baby jumpers. Some months ago a baby happened along our way, and I thought, in the midst of my tremulous joy, as I recollected six other small painful stomachs, “Now for the catnip tea, the anise seed, the peppermint, the wintergreen and their attendant smells, the hot water and the howls,” and my spirit sank within me. But my trained nurse produced the ubiquitous glycerine, and putting one teaspoonful into three of warm water administered enough to keep the little new baby from all worrying and crying. The days and nights, under this treatment, passed quietly, for the baby seemed soothed and comforted by the occasional dose, and though he labored under unusual disadvantages he soon won the name of being the best behaved baby of the seven—but all knew it was not from nature or inheritance, but only, and exclusively from *glycerine*.
—S.

The Need of
Following
Directions.

—I wish the manufacturers of infants’ foods were a little more precise in giving directions for feeding. I used Nestlé’s Food for my child of six months and it did not seem to agree with her. My mother thought the directions could not be right, as the child did not gain in weight, but the physician thought

the trouble must be elsewhere, and advised against the change, supplementing the food with lime water and some medicine to promote digestion.

Ought not the directions to say distinctly how to vary the proportions in case the food disagrees, producing either constipation or diarrhœa?—*M. R. S., Milwaukee, Wis.*

[It is hardly fair to the makers of reputable foods to charge them with ailments or deficiencies in nutrition observed after disregarding explicit directions. We find your query answered in the directions for preparing the food in question, the remark being, "If there is a tendency to diarrhœa, less water than above mentioned (half a pint to a pint, according to age), should be used; if the child is constipated, more water should be used." You ought to have followed these directions, as it is to be presumed that the manufacturers of the food knew what they were about when they gave them. Still more implicitly ought you to have followed your physician's advice. Changes in food ought to be made for better reasons than a vague thought that the food used does not agree with the child.—*ED. BABYHOOD.*]

A Despairing Wail —I take the liberty to
Concerning suggest that you pub-
Nipples. lish an article on the
"Nipple," through
which artificially fed infants take their food, in hopes that there will be an improvement in that direction. I protest that, considering what these nipples are for, they are very carelessly made. I find the holes so small

(and some have none at all) that it is very hard work for the infant to get his food through them. For the first few weeks we used them, supposing they were all right, but now I make the hole large enough so that the infant won't have to exert all his strength to get his food. I have had some nipples that it actually took me half an hour to get two ounces of milk through, and it made my mouth feel as if all the skin had been sucked off. We used them for the infant because the nurse said it was intended that the child should work for its food, and we could get no decided answer from the doctor as to the average time it required to consume a given quantity.

I don't wonder that children have colic and fret with such instruments of torture as the above. I think the hole in a nipple should be clean cut and perfect and large enough, so that the infant can take his food with as little discomfort as an adult.—*E. S., Naugatuck, Conn.*

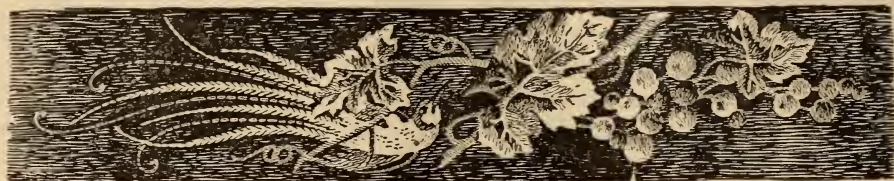
—Mothers who have
Don't Waste taken BABYHOOD for
Babyhoods. years and do not bind
the volumes some-
times find too great an accumulation of the numbers. May I give a hint to such mothers from my own experience?

I have lately sent a great many of my back numbers to mothers in the South and West, who live in isolated places, where they can get almost nothing to read. The three mothers to whom I sent acknowledged the magazines with the utmost gratitude. One writes that they were not only "joyfully" welcomed, but that they

were being lent to others. "One young mother," she says, "is now studying them."

I procured the addresses of those three mothers by writing to Mrs. J. B. Millet, 150 Charles street, Boston, Mass., stating that I had some numbers of *BABYHOOD* to offer through *The Cheerful Letter*. This little magazine

offers itself as an agent between those who have books to give, and those who, living in isolated country places, are very glad to receive them. I sent my magazines by mail, at the rate of one cent apiece. It is not necessary to subscribe to *The Cheerful Letter* in order to advertise a book in it.—A. P. Carter.



BABY'S LIBRARY.*

The Country School in New England, by Clifton Johnson (D. Appleton & Co.), contains sixty illustrations from photographs and drawings made by the author. (Square, 8vo, cloth, gilt edges, \$2.50). The descriptions are vivid, true to nature and full of humor. The definitions at the end of the book are very funny, and show how logically a child endeavors to reason, although the results of this reasoning are not brilliant from another point of view. There is many a useful hint in the book for mothers and nursery governesses, and a sufficient fund of amusement for the little ones.

"Deep meaning often in the child's play lieth." (Schiller). Susan Blow's

new book on *Symbolic Education* (Appleton's "International Educational Series," \$1.50) is a book especially adapted for mothers and kindergartners. It explains in a practical way, Froebel's idea of harmonious development, from infancy, and its tendency will be to correct much misunderstanding that exists concerning the true meaning of Froebel's philosophy of education. This book is a commentary upon *Mother-Play and Nursery Songs* (Lee & Shepard, Boston, \$2.00) which is a valuable addition to the library of the mother who wishes to follow the "new education."

Georg Ebers gives a clear exposition of Froebel's methods and ideas in the twelfth chapter of his book *The Story of My Life* (Appleton's, \$1.25).

Prof. Preyer's *Infant Mind* (Appleton's "International Educational Series," \$1.00) is another recent work that explains to mothers the value of ob-

*For the convenience of the readers of the magazine, the publishers of *BABYHOOD* will fill orders for the books mentioned in this review. Remittance for the price must accompany the order. The books will be sent postpaid.

servations on the growth of mind in childhood. In Dr. Preyer's preceding volumes, *The Senses and the Will*, and *The Development of the Intellect* (Appleton's, \$1.50 each) many suggestions were given of interest to those who are making records of nursery data. He speaks of heredity being an important factor in this work, and says all tendencies should be noted and prepared for by the study of counter-acting influences. He shows the value of scientific method in contemplating this development of the human being in the first years of life. To comprehend how important the details are his studies must be carefully read.

In *Infant Mind*, his last book, he announces that the special object is to initiate mothers in this science, and he has accordingly taken unusual pains to present the more important points upon which the development of the child's mind depends, in a form easy of assimilation. His great desire is to evoke a widespread interest in the development of the infant mind and lead to a multitude of special investigations into the phenomena of the first five years of the child's life.

Frances Hodgson Burnett says in her preface to *The One I Knew the Best of All* (Scribners', \$2.00):

"I should feel a serious delicacy in presenting to the world a sketch so autobiographical as this if I did not feel myself absolved from any charge of the bad taste of personality by the fact that I believe I might fairly entitle it 'The Story of Any Child with an Imagination.'"

She says further:

"I have so often wished that I could see the minds of young things with a sight stronger than that of very interested eyes, which can only see from the *outside*. There

must be so many thoughts for which child courage and child language have not the exact words."

Her "inside view" of her own life, her memory of the mind of a child will suggest to mothers perhaps, with additional force, the views advanced by Dr. Preyer.

Apropos of this question of child-study, Mary Putnam Jacobi, M. D., says in *Primary Education* (Putnam's, \$1.00):

"To study words before things tends to impress the mind with a fatal belief in their superior importance. To study expression before subjects of thought have been accumulated is to cultivate the habit, always prevalent in civilized life, of talking fluently without having anything to say. When the child has once learned to handle present existences, he will be prepared to understand the reflections of a past life in language.

But until then, language should not be to him an *object* of thought, but only an *organ* of thought. It is not to be driven *into* him, but only *out* of him, through the urgent consciousness that something must be said.

On this principle it might be useful to precede study of either spoken or written language by study of gestures and signs."

This is an absorbing book to persons seriously interested in education.

Mrs. Alfred Gatty's *Parables from Nature* (Putnam's, 2 vols., \$1.75 each) add materially to the mother's stock of information, for the accumulation, in children, of the subjects of thought recommended by Dr. Jacobi. As a result of an explanation of the use of the "Will o' the wisp" in swamps and marshes, Arthur, the child in question, had for just a few days after (not more, for children's wisdom seldom does or ought to last much longer), a wise and philosophical fit; and, on the principle that, however appearances might be to the contrary, the

laws of Nature were always working to some good and beneficial end, he sagely and gravely reproved his little sister for crying when a shower of hailstones fell: "for surely," said he, "though we cannot go out to-day, the storm is doing good to something or somebody somewhere."

Child-study is creating a demand for mother's books. Of those teaching the mother how to select for and guide a child in its reading, Andrea Hofer says:

"Give them such books as have been selected and are in constant use among kindergartners—for who can come more closely into the needs of a child? There are the Jane Andrews' stories, so rich in real life and science; some of Hawthorne's wonder books are inimitable and in the best of English; and, above all, the dozen or so separate collections of stories actually created and produced in the kindergartens by earnest teachers whose almost unlimited resources are being constantly demanded from by the unceasing activities of a roomful of children. These story books, as a rule, have the added virtue of carrying a developing idea from cover to cover, and above and beyond all else, each story is full of an inspiration for work which prompts the children into self-expression."

He says further:

"After all we must each confess that the home reading and atmosphere of thought is of the most importance. Do we always realize that our daily household conversations are largely the first literature of the child? That

our everyday reverence is all it knows of religion? That the purity of our love, the righteousness of our common deeds, is all it knows of God. A pure, sweet-flavored set of children's books ought be in every growing household."

A Child's Heart, by Andrea Hofer, now in press (Kindergarten Literature Company, Chicago, 50 cents), is a book belonging to this class, and is intended for parents and teachers. In it the author seeks to find how closely the writers, painters and musicians of this age have imaged the true child in their production.

Children; Their Models and Critics (Harper Bros., 75 cts.), by Auretta Roys Aldrich, is, as the author says, a little contribution towards directing thought, in a wider circle, to the very early years of childhood, as the vital ones for consistent and successful character building. The last two chapters are devoted entirely to the kindergarten in its true meaning, and one quotation alone will serve to show this tendency:

"The baby in the kindergarten and the college student need to apply themselves closely to the work in hand, but they need also an atmosphere of happiness to assimilate their work with their lives for the best results. There is the ring of true prophecy in Froebel's predictions that the kindergarten would not be fully understood in less than two hundred years."

THE LIBRARIAN.





NURSERY PROBLEMS.

Croup.

To the Editor of BABYHOOD:

Please state for the benefit of a puzzled reader the difference between false croup and real croup. There seems to be much confusion on the subject. Many persons speak of "croup" simply, when evidently false only is meant. Isn't the real croup a very dangerous sickness and false croup a comparatively harmless one? A full statement of the subject will probably enlighten many readers.

G. R. E.

Milwaukee, Wis

Any disorder which produces a peculiar change in the sound of the voice and the cough, and which is attended with more or less difficulty of breathing, is called croup. But the kinds usually thought of when the name is used are the catarrhal or "false" croup, and the membranous or "true" croup. The term "spasmodic" croup is applied properly to a spasmodic disease of the larynx (*laryngismus stridulus*, or "child crowing"), but carelessly to the "false" croup mentioned above. The "false" croup is a catarrhal laryngitis and the symptoms are due to the temporary changes in the mucous membrane of the parts. It is, as you suppose, attended with more alarm than real danger. In "true" croup a fibrous membrane forms in the larynx or wind-pipe upon the surface and more or less in the substance of the mucous membrane. This membranous

croup is at the present time usually considered to be of diphtheritic origin, and some physicians believe that it always is and always was diphtheritic, but this is a disputed point. This "true" croup is a very dangerous disease. Besides the dangers from obstruction in the larynx and wind-pipe, it entails all the other dangers of diphtheria. The "false" croup is one of the manifestations of a "cold" in some children—called popularly "croupy." It is certainly more likely to occur in improperly fed children.

The term "croupous" is in medical parlance applied to a fibrinous exudation occurring on a mucous membrane in any situation; thus, that type of pneumonia which has such an exudation is called croupous pneumonia.

Changes in Feeding: Prevention of Colds.

To the Editor of BABYHOOD:

My baby is fifteen months old. From the time she was one year old up to fourteen months she ate four times a day, once in four hours, her food being sterilized milk. I allowed her appetite to govern the amount and more often than not at one feeding she would take sixteen ounces. At fourteen months, while teething, a large number of boils made their appearance on her neck and face. Our physician said I was giving her too much at each feeding. In consequence I began again to give her five meals a day three hours apart, this time giving her twelve ounces at a time. She is looking and feeling better, but I am somewhat anx-

ious because her times of urination are so much more frequent, from five to six times nightly.

(1) How much should a child take at her age at each feeding?

(2) Is there an indication of bladder trouble?

(3) What can I do to prevent her from taking cold? I try to be very watchful, but she has had three severe colds, besides croup and tonsilitis in seven weeks.

Chicag , Ill.

M.

(1) A child at her age rarely takes more than twelve ounces, especially if the milk is undiluted, and we think it quite enough if she has five meals. The total of sixty ounces is but little short of two quarts, probably as much as she took when on four larger meals. The present plan we think the better, large meals having a tendency to produce stomach distension.

(2) Probably not. You mention no sign except frequent wetting, which may be due to some slight irritation, but quite as likely to the cool weather (at the time you wrote) checking perspiration and sending the liquid out through the kidneys. The amount of liquid taken remaining the same, the skin and kidneys always complement each other in this way.

(3) It is quite probable that the series of colds, croup, etc., were parts of one thing. Granting one cold, the mucous membranes of the nose, throat and larynx could hardly have recovered completely in the time. The best security would be to get the mucous membrane once healed. In a little older child much can be done by the systematic cleansing of the parts by sprays. In so young a child it is difficult to clean anything but the nostrils. Besides the details of clothing, of pure

air without undue exposure, the avoidance of overheating and chilling, of street dust and other impurities, all the general hygiene of the nursery tells here.

Possible Causes of Restlessness at Night. To the Editor of BABYHOOD :

My baby daughter is nine months old, has five teeth, two upper and three lower, weighed at birth eight pounds and at present just seventeen pounds. She does not sleep well, sometimes will lie awake for an hour at a time, being restless and bursting out into fits of very violent crying, when she fights and stiffens herself to such an extent that it is difficult to hold her still. Since she has cried so violently I have found it necessary to walk her at night, a thing which I never did before. Her great wish on first waking is to creep to the side of her crib and try to pull herself on her feet by the bars. That makes the theory of letting her cry herself to sleep impossible, as she gives herself such fearful knocks on the head against the bars of the crib in the dark.

The child does not seem robust, although she ought to be, as both her parents are exceptionally healthy people, both above the average in height. She takes cold on the slightest provocation and is miserable with it, in eyes, nose and throat. I take the greatest care of her. She sleeps in a room whose temperature is from fifty-five to sixty degrees and the nursery is from sixty-five to seventy degrees in the daytime.

Her food is three and a half ounces barley water, three and a half ounces fresh milk, and one and a half ounces pure rich cream; this she has every four hours through the day and once at 10 or 11 P.M. The food is pasteurized, the milk being fresh and good. At times she takes the entire quantity and then only a portion. She is very active, creeping everywhere she can get to, is not willing to sit still in her little chair or on the floor more than three or four minutes at a time, but wants to be "on the go" all the time. She can pull herself on her feet, but I try not to let her do it.

Could you suggest what the trouble is likely to be? Our doctor has already treated her for slight indigestion with lactopeptine. Would the symptoms seem like worms? She rubs her nose a good deal, is apt to be fretful in the daytime, and often wakes at intervals of half hours through the evening until 9.30 and expects to be turned over and arranged comfortably. She will then go to sleep without being picked up, until 2 to 3 A. M., and then it is difficult to do anything with her.

She is tall, fair and thin, apt to have blue rings around her eyes, which seem unnatural at her age.

A. B. C.

Montclair, N. J.

The points that are made out are that the child's weight and teething development are about the average, that she is not thought robust and is very susceptible to catarrhal inflammations (colds); that she is active or restless by day, and a poor sleeper by night. The points which are not made out are those which would be useful in explaining or inferring the cause of the disturbances. Some of these are the following: Are there evidences of irritation from more teeth coming? Frequently this irritation stops short of pain, but expresses itself in excitability and the disturbed sleep. It is not clear to us, however, whether the disturbed sleep is of long duration or, as we infer, rather recent. Another possible cause of the excitability may be discomfort or pain in the ear arising from the catarrhal sore throats.

The food is mentioned, but not how it is digested, except that the physician has treated her for indigestion, nor whether she is constipated or flatulent or neither. Nor is it mentioned whether thirst seems to be to her a source of discomfort at night.

When there is a tendency to catarrhal troubles, and especially if the child sleeps with the mouth open, the ordinary tendency to thirst is exaggerated. Lastly, the cause may be—whether from pain in any situation, indigestion, cold feet, wet napkins or what not—dreams which frighten and waken the child. The fighting and stiffening suggests fright, although they are not always due to this cause, but the nightmare, if it exists, is generally secondary to some other irritation. The worm theory we do not consider, because the rubbing of the nose is not a symptom of worms in particular. It is true that with catarrhal irritation of the digestive tract children sometimes pick the nose. It is also true that occasionally a child with such a condition may have worms, but in our judgment it is far more often true that the symptoms depend upon the catarrhal trouble than upon the worms. Again, catarrhal nasal trouble, either with discharge or dry, causes an irritation that excites rubbing of the nose. So does irritation in the gums. It would help you or your physician to eliminate some doubts if the temperature were taken during one of those nocturnal fits of crying.

We have not told you why the baby is disturbed, but we have told you of several directions in which you can profitably look for facts to lay before your physician.

Condensed Reply.

Old Subscriber, Philadelphia.—In the nature of things, we cannot undertake to communicate by letter with those subscribers who ask questions. We have no trace of your

former questions, but as to the present ones, they would, if printed, occupy about a page and a half of our magazine. Moreover, they cover ground that has been gone over again and again in *BABYHOOD*. We have on hand, it is safe to say, about fifty inquiries of a similar nature. You can easily understand, therefore, why we cannot print any letters on a subject which is not of some interest to the majority of our subscribers. As an intelligent

reader of our journal, you will have no difficulty in obtaining from our bound volumes such advice as seems to fit your case. *BABYHOOD* can, as a rule, offer only general instructions, and occasionally, when the subject is deemed of sufficient importance, and our space permits of it, some definite hints. If the matter appears urgent to you, your family physician ought to be sent for without delay. No periodical can assume his functions.

CURRENT TOPICS.

Helping People to Help Themselves.

No one who knows anything of the condition of the poor of this city can fail to be impressed with the appalling rate of mortality of their children during the hot months of the year. While in the winter months the death rate of children in New York under five years of age may be 230 out of a thousand deaths, in the summer months it will account for 730 out of the thousand. In the summer of 1893 I opened a depot where pure milk, both in its natural and sterilized form, was sold at cost. Extreme care was taken to procure milk from untainted sources. Milk is one of the most perfect of "culture fluids;" and the bacteria which get into it from external sources, after it is drawn, increase with the most astonishing rapidity. It was my effort to have the milk sold at my depot so drawn, handled, and transported as to reduce to a minimum the chances of pollution. The milk was delivered at the wharf in the early morning, and that sold in bottles was immediately subjected to the steriliz-

ing process. The purchaser certainly got it in a condition of as nearly perfect purity as money could procure in New York. A modified milk was also sterilized and sold, consisting of one gallon of pure milk, one gallon of filtered water, and twelve ounces of sugar of milk. My sales for the season were 32,000 quarts of pure milk and 34,000 bottles of sterilized milk, both in pure and modified form. More than one thousand sick babies were fed on the sterilized milk during the months of June, July, August, and September. Most of them were ill with cholera infantum, and the benefit due to the improvement in their food was immediate and amazing. The ratio of deaths was very low—not over 10 per cent. at the outside. A great many families (five hundred a day in extreme hot weather) were supplied with pure milk. Their sick, puny children were provided with healthful food, and the mothers were enlightened as to the value of pure milk, and taught that it could be had at lower rates than are charged by

careless grocers for old or diluted or skimmed milk.

The prices were uniform throughout the season:

- 4 cents a quart for pure milk.
- 1½ cents a bottle for sterilized pure milk.
- 1 cent a bottle (6 ounces) modified milk.
- 1 cent a glass for pure milk.

I consider the furnishing of pure milk the most important benevolent undertaking with which I have been connected. I hope to be able this year to run two or three depots for its sale, instead of one as last year. I shall do what I can to make some impression on the quality of the general

supply, and I shall be able to furnish public institutions with all the pure milk which they require. But no single effort can do more than make a slight impression on the appalling sum of infant mortality due to the consumption of impure milk. I cannot impress too strongly on the attention of the benevolent the necessity of devoting their attention to this subject, and their money to the establishing of agencies throughout the city where cow's milk in its normal purity can be purchased by the poor.—
Nathan Straus in the North American Review.

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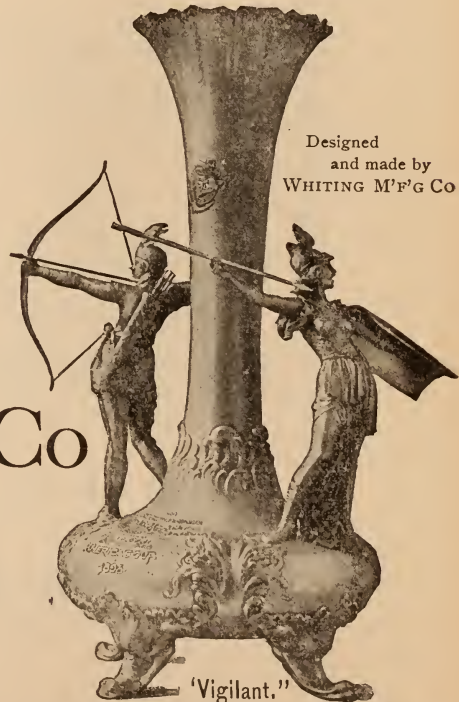


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NEW YORK.



To the owners of the "VIGILANT," from the NEW YORK YACHT CLUB, to commemorate her victory over the "Valkyrie," in defence of "AMERICA'S" Cup, 1893.

Recreations for City Children.

STRUCK by the fact that the present crowding of houses in cities is unfavorable to the free exercise of children in play such as prevailed when man lived in a more scattered way, Prof. S. T. Skidmore, of Philadelphia, has sketched a scheme for the evolution of a new system of play. Even under the prevailing conditions, the way for the development of proper play, he believes, is just as open as for any-

thing else, while its development requires the genius of thought and well-directed business enterprise. The author's plan rests upon the principle that "play is the exercise of the faculties as such; the doing is for the sake of the doing. It is Nature working toward her end in the child by prompting to the free, objectless exercise of those expansile powers which he sees at work in adult life. If he sees the way open and he has

LAUGHING BABIES



are loved by everybody. Good nature in children is rare, unless they are healthy. Those raised on the

Gail Borden

Eagle Brand

Condensed Milk are comparatively free from sickness. This milk is so easily prepared that improper feeding is inexcusable.

the needful facilities, he will imitate so closely, in miniature, the activities of the age to which he belongs, that his play will not be a nuisance, so discordant as to be intolerable; but if left entirely with his own resources, he can do nothing else than drag forward those relics of barbaric play which have descended to him by tradition from barbaric children, who copied the simple rudenesses of their own barbaric times." So Mr. Skid-

more would find his substitute in diversion derived from pursuits, achievements, and habits of the children's elders. "In an age of mechanic arts and commerce, of which the great men are inventors, authors, business organizers, engineers, and self-made millionaires, with the eyes of youth trained upon them in admiration, interested in everything that pertains to their history, and eager to imitate them, it is nonsense

What do You Feed the Baby ?

NOTHING IS SO IMPORTANT AS THE RIGHT FOOD.

It should contain all the elements required for the perfect development of the child, and should also be very easily digested.

CARNRICK'S LACTO-PREPARATA

Is a pure milk food and is designed for Infants from birth to about six months of age.

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The above foods are the *ONLY scientifically prepared Infant Foods*, and the *ONLY ones THAT WILL PERFECTLY NOURISH A CHILD.*

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REED & CARNRICK,

124 & 126 SOUTH FIFTH AVENUE,

NEW YORK.

to suppose that the boys can not be made to belong to such an age in their play as exactly as the men do in their work." The new play must call forth the constructive faculties, and manual training is held up as an element of it.—*The Popular Science Monthly*.

[The Children's Hour.

Most of us are familiar with Longfellow's beautiful poem bearing this title, but how many carry out its thought in the home.

Either the hour "between the dark and the daylight," or the bedtime hour, offers such opportunities to mothers as are never repeated. Then is the time for perfect confidence to be established, if it is wanting. "Let us live with our children," says Froebel,

and at this hour a mother enters into the secret places of her children's life, if she will.

The joys, the sorrows, the wrongdoings, the failures, the overcoming will all be poured into the loving mother's ear, and she can meet, encourage, comfort, and rejoice as the occasion requires.

Do not let anything interfere with this hour short of an imperative necessity. Plan for it, deny yourself if need be, but keep this tryst with the children from their babyhood up to late boyhood and girlhood, and you will have kept and gained your children. You may never know how much of salvation and life it has been to them, but God knows, and they may understand a little, and call you blessed.—*E. L. Condit, in Household*.

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With Patent Can Opening Attachment.



For twenty-seven years the most popular infants' food in all European countries and the colonies.

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Never prescribe condensed milk without naming the brand, after ascertaining the best, not by what the producer says, but by careful comparison.

Prepared at Dixon, Ill., in the largest, most costly and best equipped milk-condensing establishment in the world.

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Babyhood.

Devoted exclusively to the care of infants and young children, and the general interests of the nursery.

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THE PREVENTION OF BLINDNESS.

BY BOERNE BETTMAN, M. D.

Professor of Ophthalmology in the Post-Graduate Medical School and in the College of Physicians and Surgeons, Chicago.



WHEN we learn that of all sightless individuals found in the various asylums of the world, from 20 to 70 per cent., according to different estimates, owe their affliction to *Blennorrhœa neonatorum*, we are forced to realize the necessity of instituting preventive measures to combat the terrible disease.

Before entering into a discussion of methods in vogue, it may be well to describe the disease and mention the causes which give rise to it. *Blennorrhœa neonatorum*, literally translated, means copious discharge of pus from the eyes of new-born children. The purulent secretion originates in the inflamed and swollen mucous membrane which covers the white of the eye and the inner surfaces of the lids. This inflammation is caused by septic material, germs, which are found in the secretions from the vagina and find their way into the infant's eyes, either during parturition or a day or two subsequently, if any dried particles have been carelessly allowed to remain on the lashes or about the eyes, by the per-

son giving the babe its first bath. It is claimed by some authorities that this secretion is usually of a specific character. That this will give rise to the disease is beyond a doubt, but to say that this is the only cause is decidedly a mistake. Experience teaches that other germs besides the gonorrhœi may produce this purulent inflammation.

The disease may be divided into two distinct types—the mild variety and the severe form. The inflammation usually appears on the third day, and is characterized in the mild cases by slight congestion and redness of the eyeball and under surface of the lids. The eyes are suffused with tears, in which particles of mucus float. The slimy material, which is frequently of a stringy character, may accumulate in the corners of the eyes or form a crust in the eyelashes, gluing the lids together when the child sleeps. This form of the disease may run its course for weeks, even for months, without doing any serious damage to the eye. In the more dangerous form the symptoms just described are more severe. The redness of the eyeball

and lids is deeper, the flow of tears is more profuse, and the discharge becomes more copious and thicker. In a day or two the swelling of the parts of the eye becomes so great that it is frequently difficult to evert the lids, and when they are everted, the mucous membrane bulges out in two great red rolls, with uneven surfaces, and covered with a thick, creamy discharge, which constantly flows from the aperture of the eyelids and then accumulates underneath the lids. The dangerous stage of the disease is now in active progress, and if energetic curative measures are not instituted, destruction of the eyeball will follow.

The chief danger is to the cornea, the transparent front part of the eye, the window, as it is popularly called. The intense swelling of the lids and the action of the pus may, due to the pressure of the swollen mucous membrane and to the destructive influence of the germs, break down or ulcerate the cornea in part, or in its entirety. The ulcer may form in the center and lead to perforation of the membrane, which may then heal, leaving a large central white scar, covering the pupil, or may be followed by complete loss of vision or destruction of the eyeball. The disease will run its course in from four to six weeks.

Now, we possess two distinct measures whose object is to prevent this dreaded malady. Both are simple, and can be readily carried out by any person having ordinary common sense. The first was instituted by Hausman, and consists of vaginal douches of an antiseptic nature, as 1% solution of carbolic acid, or a weak solution of

bichloride of mercury, one grain to 3,000 of water. These douches should be taken immediately before labor. The germs are thereby killed, the parts rendered aseptic, and infection to the eyes is prevented. The second method, known as Credé's, is equally efficient; its object is to render innocuous the germs after they have lodged in the mucous membrane of the eye.

Since we have no means of determining whether or not infectious matter, possibly of the minutest quantity, has found lodgment between the lids, we must subject all babes to the same reliable preventive measure. A glass rod is dipped into a solution of nitrate of silver, ten grains to the ounce of water; the rod is withdrawn, only one drop being permitted to adhere to its end. The lids are then drawn apart, and the one drop of silver solution is permitted to flow on the white of the eye. Both eyes are subjected to this same ordeal. The pain resulting from the application is not great, and the redness which ensues is but temporary; cold applications may be made to the closed eyes, to alleviate the slight discomfort occasioned to the child.

The importance of these preventive measures cannot be sufficiently emphasized, and negligence on the part of the physician and parents to enforce them cannot be too strongly condemned. Statistics gleaned from the mammoth hospitals of Europe prove conclusively that *blenorrhœa neonatorum* can as surely be eradicated from the lists of diseases as puerperal fever has been. During a two years' service at the Cook County Hospital, in Chicago, I saw but one case of *blenorrhœa* out of six hundred births.

This wonderful immunity from the disease is directly attributable to the strict antiseptic vaginal douches, enforced by the competent nurses, days before delivery. It is the ordinary boast of experienced oculists that any case of *blenorrhœa neonatorum* can be cured without impairment of vision, provided the treatment is instituted at an early stage. A mother's duty towards her child begins before it is ushered into the world, and she must conscientiously carry out Hausman's method of douches. The physician's responsibility then commences. Cleanliness and Credé's method are his safeguard. If, notwithstanding all these precautionary measures, a discharge from the eyes appears, curative measures must *immediately* be instituted.

The execution of Credé's measure should always be delegated to the physician, but if, perchance, there is none present, the nurse should perform this important duty. The reliability of these expedients will be shown by quoting the statistics referred to. Dr. Howe, of Buffalo, collected a number of cases, which he divided into two groups. With the first, consisting of 8,798 cases, no precautions were taken. In the eyes of the second group, 8,574 cases, one drop of a 2% solution of nitrate of silver was instilled. Of the former 8½% contracted blenorrhœa; of the latter less than three-fourths of 1%. In Halle the method of Credé has reduced the percentage from 12 to 3%. In Leipsic, where Credé himself directed his innovations, the rate of decrease was from 7½ to ½%.

Unfortunately, the greater number of blind due to blenorrhœa is found among the ignorant and poor classes. The reason is readily ascertained. A practice which prevails especially among the poor foreign classes is to engage a midwife for accouchement. The remedies ordinarily employed by these quasi physicians, when a redness of the eyes ensues, is the application of chamomile tea, or the instillation of mothers' milk into the inflamed eyes of the babe. Although these harmless remedies result in no direct injury, valuable time is lost by the silly experiments of ignorant persons. Not a week passes but I encounter such sad illustrations of ignorance and prejudice. What a travesty on the laws of society when ignorant quacks are permitted to sap the very foundations of our social system by practising their business in the homes of the ignorant and deluded!

The Legislature of New York has been awakened to the dangers associated with the system of midwifery, and not long ago passed a wise law, which makes it obligatory on the part of a midwife to call in a physician as soon as she notices the slightest indication of inflammation in the eyes of the new-born. Fully 25% of blindness can be prevented. Thousands of human beings who are now partly deprived of vision can be saved from this terrible affliction if proper precautionary and remedial measures are adopted and wise legislation is enacted.





THE OCCURRENCE OF PALSY IN INFANTS.

BY JAMES K. YOUNG, M. D., PHILADELPHIA.

EVERY intelligent person must, at some time or other, have observed the unfortunate children who have lost the use of one or all of their limbs by paralysis and are more or less helpless. Many have doubtless wondered what was the cause, and perhaps added the thought, "Could not this palsy in some cases have been avoided?"

In most cases the history of these little patients is this: The child has been well up to a certain time—perhaps to the second summer—and has been teething, when suddenly, without apparent wasting, it has acute diarrhoea and high fever, and on recovering from these, is found to be more or less completely paralyzed. Gradually, some of the paralyzed parts regain their power, but others improve but slowly, or remain permanently weak and wasted, blue and cold. In some children, one lower limb only is affected—and this is the most common form—in others, one arm and one limb on the same side are paralyzed; or, in others, both arms and legs are useless. This paralysis differs from the ordinary palsy seen in adults from apoplexy,

which is due to a hemorrhage into the brain. A similar affection is not uncommon in infants and children, but the palsy in the limbs is different. In these cases, the limb, instead of being wasted, blue, and cold, is plump, pink, warm and unnaturally stiff.

The paralysis of which we speak is due to the destruction of certain large nerve cells in the spinal cord, a damage all the more severe because it is irreparable.

Cause.

The remote or predisposing cause of the affection is obscure, and it has been asserted, but without any proof to corroborate it, that there is some constitutional tendency. It is not strange, at this time when every student is searching for a microbe upon which to place the guilt, that a French author should assert the similarity between this affection and a palsy which occurs in young puppies, and in which a germ is said to have been discovered. It is also quite natural to ascribe it to difficult teething, to indigestion, to improper food, convulsions, fevers, and so forth.

An eminent physician of Philadelphia and a specialist on nervous diseases, Dr. Wharton Sinkler, has shown by statistics and meteorological observations that the majority of these cases occur during the summer months, and the greatest number during the month of August, when the greatest heat is accompanied by the greatest mean humidity of the atmosphere. For example, the number of cases were as follows :

Spring	27 cases.
Summer.....	174 “
Autumn.....	59 “
Winter.....	10 “

Of 270 cases recorded, 65 occurred during the month of August. It has also been found that the disease is precipitated by sudden chilling of the surface of the skin, by sitting upon damp stones, lying in wet grass, or going into a cold, damp, unoccupied apartment. That this should be the case is not strange, when we consider what a highly organized and vascular part the spinal cord of a child is, and how greatly congested and inflamed it must become under these circumstances.

A good illustration of this came under the writer's observation some years ago. A healthy, robust, eighteen-months-old boy, born in Germany of educated American parents, was taken to New York City on a hot August day *en route* to a resort upon the Hudson. One or two days were spent in the stifling heat of the great metropolis, and by quick trains the party were carried to their destination. That evening, they occupied a new, cold and damp cottage on the banks of the river, and in the morning the child was com-

pletely paralyzed. Gradually he recovered the use of parts until now, about eleven years after, one lower limb only is weaker, shorter, and smaller than its fellow.

What becomes of these children? Some, under the best care and surroundings, gradually recover more or less completely ; others remain permanently crippled the rest of their lives, to be an encumbrance to themselves and a trial to their relatives. In this connection too much cannot be said in praise of a celebrated surgeon of Philadelphia, Dr. De Forest Willard, for his remarkable results in these apparently helpless cases. Many helpless children lying or sitting upon the floor have, by operation and apparatus, been raised upon their feet and placed in a way to support themselves and take their places in society. This is what becomes of such children in this country, but in European countries the prospect is different, outside of the great medical centers. Attention has recently been called to a class of men monsters bearing the euphonious title of “Beggars Farmers,” for their treatment of these deformed little creatures. In Spain they have organized a so-called industry, to hire these cripples from their families. After completely withering up both limbs by an ingenious process of bandaging, they are put upon the streets as objects of charity to reap a harvest from the sympathetic public. These are the so-called *cul-de-jatte*, of whom from three hundred to four hundred annually cross the frontier into France, and about twenty of whom were exhibited last year at the Paris Ginger Bread Fair, in the Faubourg St. An-

toine and the Place de la Nation. They have got as far north as Belgium, and are now seen in almost every town in France. That these wretches are able to gain possession of so many children is remarkable, but the assurance to the mother that her child will forever be a helpless cripple, and the offer of fifty centimes to one franc a day as long as the child shall remain in their service, accomplishes this task.

To guard against the affection described, it is necessary to regulate carefully the diet of the child during the second summer, to properly clothe the child so that sudden changes of the sur-

face temperature cannot occur, to avoid exposing it to the sun, or to great heat, and particularly to forbid the nurse letting the child lie in wet grass or sit upon damp stone when fatigued or overheated. Damp, cold rooms should be avoided, and young children should never be taken into ice-houses, caves, or damp laundries. Mothers who entrust to others the care of children should warn the nurse against any sudden checking of the skin when the child is overheated, particularly during the month of August, when the relative humidity and heat are greatest of any time in the year.



THE WALKER-GORDON PROCESS, OR FOOD FOR SICK BABIES.

BY HELEN CHURCHILL CANDEE.

JUPITER is supposed to smile benignly upon all recipes having his sign of ♃. It is familiar enough on prescriptions which the family doctor writes out for his patients, but it is a novelty to see it heading a formula for milk for infants' feedings. The prescription calls for all the ingredients of milk which fall under the heads of fat or cream, albuminoids, water and milk sugar, and are blended according to the physi-

cian's view of the requirements of the case, even the amount of each feeding and the number of feedings in a day being stipulated. To resolve milk into its constituent parts so that it may be reunited by prescription to suit individual idiosyncrasies is one of the processes science and common sense have evolved for the salvation of babies, and settles satisfactorily the question of food for infants artificially fed.

Good cow's milk, from a sanitary dairy, is the material to work on. This

is placed in a pasteurizer, which heats it to 85° F., a temperature which facilitates the separation of the globules of fat from the milk. Then the liquid passes in a small continuous stream into a centrifugal separator, from which it is drained off in two streams, one cream and the other perfectly fatless skim milk. The separator for this purpose is a more perfect machine than that recently introduced into dairies, and is made in Stockholm. It consists of a steel bowl, fitted with a central tube, and a cover of successive tin plates, grooved. It is placed on the machine and made to revolve at an almost incomprehensible velocity, over six thousand times a minute. The thin part of the milk being lightest, flies to the outside of the bowl, and is forced through the grooves of the covers to small outlets at the top, where it is caught in a pan and led off into a receptacle. The fat or cream, on the same principle, being the heavier, stays in the middle, and finds its way to convenient outlets, whence it is also led off into another receptacle.

Skim milk contains known quantities of albuminoids, as large an amount as infants ever require, so if lessening them is desired, distilled water is added and milk sugar enough to restore the original proportion. With cream in prescribed quantities, if cereal jellies are required, they too are made, of oatmeal and barley, and introduced into the food. Thus a physician has it in his power to make any sort of combination for his little patient. He mentions, in blanks prepared for it, the number of feedings in a day, and the amount at each feeding, so when the prescription is given

in at the laboratory, a part of it is to divide the food into the proper amounts, putting each feeding into a separate bottle, and supplying as many bottles as there are feedings in a day. These bottles are of clear white glass, holding about eight ounces, and are supplied with stoppers of non-absorbent, germless cotton. This has been found the only material to answer the purpose, for after a prescription is put up the bottles are placed in a sterilizer and subjected to 280° Fahrenheit. The cotton allows the escape of gases, but not their re-entrance. The bottles are placed in baskets, with a compartment for each one, wrapped in paper, and are then ready for delivery. All returned bottles are put into a large sterilizer before entering the laboratory, lest the germs from sick rooms be introduced into the scientifically clean rooms. The floor of the laboratory is of concrete, sloping slightly toward a central drain, and streams of water flow freely everywhere, carrying away all dirt. A large fan keeps the air circulating and prevents closeness.

The question is often asked, why it is necessary for us to take such precautions, when our grandmothers brought up their notably larger families without our slavish attention to the ogre of the day, the germ. The only answer is that if science did not keep pace with our ever-increasing physical refinement produced by artificial modes of living, we would scarce live at all. So much milk is consumed in every family, that science has turned its attention to it, and we find that milk is filled with impurities, and that the dread disease tubercu-

losis is frequently conveyed by it. The separator which divides the caseine from the fat also shows another unpleasantness in milk. In the machine between the skim milk and the cream is found a solid of intermediate weight composed of mucus, blood and other refuse from the cow's udder. In the laboratory this filthy residuum is turned into the sewer, but in unseparated milk it

is taken into the human stomach.

It is to be hoped that the day will come when all milk will be relieved of this revolting foreign matter before delivery at our houses. The process of separating and recombining is not an expensive one, and a large public demand for the milk would lessen the cost, for the economy of its production depends on the amount of the patronage secured.



SOMETHING ABOUT WEIGHTS AND MEASURES.

BY HELEN LOUISE JOHNSON.

PAPERS and magazines are full of wise sayings in regard to the moral training of children. Sermons and lectures are full of references as to the bringing up of the child in the way he should go, but in the majority of these articles and wise sayings one vital point is constantly omitted. Nothing is said about learning to feed and care for the child as an infant or in youth so that the physical being may make a moral being. A great soul may at times compel a weak body to do its bidding, but if the body be well, how much more can be accomplished! With the children rests the future of the world, and if we or they are to better social conditions, the

foundation must be laid in the health of the nation. A man's or woman's capacity for work and power of resistance depends first and foremost on his or her childhood. This period of childhood may be divided into three stages: the first year or actual babyhood; the time from the first to the seventh year or childhood; and boy or girlhood, which covers the period of the next seven years.

In the nutrition of the infant some important facts concerning weights and measurements should be part of the knowledge of every mother. The average weight of a healthy baby at birth is from six and a half to eight pounds, and the child at the age of fifteen should have increased to about

twelve times its original weight. Well born American children, according to medical and school statistics, not only weigh more at birth, but the average at fifteen years is higher than with those of foreign birth. The Boston school statistics show an average, in the fifteenth year, of ninety-four pounds for the boys, ninety-nine pounds for the girls; while at the sixteenth year, one-hundred and six and seven-tenths pounds is the average weight of the boy and one hundred and five and eight-tenths pounds the average weight of the girl. The increase in weight is never uniform and is often very irregular, but as abnormal irregularities are indications of malnutrition it is most important that mothers should have some knowledge of what the facts should be and what they actually are. The admiring relatives' first anxious question is, "How much does he weigh?" Newspapers gave lengthy descriptions of President Cleveland's nervous behavior at the great event of first weighing his little daughter; but what a bore it would become to a proud father to weigh the baby semi-weekly. He would hide the scales in despair before the child was six weeks old, while the mother, happily feeling the child growing heavy in her arms, pays far too little attention to how or why. After the weighing, the parents are principally concerned in watching for the first tiny tooth to peep through the gums, again with too little thought as to what makes the tooth a good or a poor one. After birth the infant loses weight, and when thirty-six hours old weighs less than it did at first, but on the third day the little body has

asserted its right to its place in the world, and the organs have assumed their normal condition and the food has begun to nourish—or should have done so.

Usually by the seventh or tenth day the infant weighs what it did at birth, and when a month old, if it weighed about six and a half pounds at first, should weigh about eight pounds; when a year old, it should weigh from nineteen to twenty-one pounds. Except during the periods of weaning and teething, which are especially disturbed times in most babies' lives—the fathers and mothers feel this too if comic papers are to be believed—a loss in weight, from month to month, indicates that the infant is not nourished by its food. But the mistake of watching increase in weight only must not be made; the child should grow. How many mothers have the least idea how tall their babies should be when first cradled in their arms? Have you ever been told that your little children should have averaged about twenty inches in length, and have you observed that their growth was more, relatively, during the first year than in any following? A child measuring twenty inches at birth should measure about twenty-eight inches when it is a year old; and its legs should grow faster than its body. Where growing is observed by the parents, a common mistake is made in this way: The father says, "What a big boy you are getting to be," and regards admiringly his little Paul Dombey who is growing like a weed, right straight up in the air, without pushing out those little shoulders which some day have to bear their share of heavy burdens.

Later he says, "Stand up, my boy, stand up." But he has not given him the food to make him able to, or perhaps has become a Dombey senior, and has pushed the boy's brain far beyond his body. Instead of gauging the growth of your children by the pencil marks beside the door, learn and use this rule: "At all periods of growth, the measurements across the shoulders should be about one-fourth of the length of the entire body."

One of the most important characteristics shown by measurements in children, is the chest circumference. At birth this should be a little more than half the length of the body, and if it is noticeably more, it shows that the baby has a well developed heart and lungs—most important organs. If this chest measurement should be less than half the length of the body, the baby is generally weakly, and more care in feeding is necessary. In considering these statements account must be taken of the amount of fat on the new born infant—an amount so variable that these measurements must not be too rigidly applied. The following facts are stated by physicians: At birth, the circumference of the chest is normally from one and two-tenths to one and six-tenths inches less than that of the head; by the third year, the measurement of the head and chest equal each other; while later, the chest should be

considerably larger than the head.

Very few people in this world work at anything without an incentive. Everything accomplished represents a certain amount of labor, for even play of any kind is only applied work, mental or physical. The end to be gained may be a prize, wealth or happiness, all three being largely inclusive terms; but the spur, the impetus, must be there. There is perhaps no force in the world equal to the mother love. Even animals will suffer agonies in the protection of their young. Any mother with the right to that divine name seeks with all her heart and hands the best good for her child, but there are far too many who do not know what that good is. Not long since, when lecturing in a large city, I was approached by a young woman who wished to ask me about feeding her baby. She told me the amount of prepared food she was giving her boy of ten months—so large an amount it would have been ridiculous had it not been pitiful. When asked if she wanted to lose her baby, she said she had nearly starved him to death at first and was now doing the best she knew how, so she fed him every time he cried. This is not an exceptional case, but, fortunately, when once women perceive that ignorance is harming their children, mother love will, in most cases, prompt them to learn how their mistakes can be rectified.





CORN, RICE, POTATOES, ETC., IN THE NURSERY.

Corn.

CORN for the nursery must always be used as a purée or be served on the cob, after boiling rapidly in salted water for ten minutes, the tender part being pressed out with the back of a knife. This may be given to a child of four, as, being freed from its indigestible covering, it will not irritate. As the child grows older the corn may be grated or served in the form of a corn pudding.

There is no rule so important for infant diet as that which regulates the amount of starch to be given to the child.

Of the starchy foods allowed in the nursery for dinner, rice and potatoes are the most important. Both are palatable and easily digested foods if properly prepared and administered at the right age.

Rice.

Rice is not suitable in itself as a food. It is lacking in fat and salts, and is poor in nitrogenous substances. The starch contained in it, which is its chief constituent, is easily digested and is a very valuable food when mixed in proper proportions with articles of food richer in fat and albumin-

oids. It should not be given freely to a child until after three years. A very satisfactory way to prepare rice for children is to wash it well, soak it over night in cold water and boil rapidly in an abundance of boiling salted water, for ten minutes; the grains will swell and are easy to digest. If the preliminary soaking is overlooked, wash the grains well and drop them gradually into the boiling water, care being taken to keep the boiling continuous while this is done, and boil rapidly for thirty minutes, stirring once or twice with a fork to keep the grains from sticking to the bottom. When done, whichever method is followed, pour the rice into a colander, let a quantity of hot water run through it and then set the colander upon a plate in the oven, until the rice is perfectly dry. This is a very good way to prepare rice for breakfast for occasional use in place of oatmeal for the summer months, serving with cream and a little sugar, or salt if preferred.

Potatoes.

The potato is a salt-giving, starch vegetable, to be eaten with lean meats or other nitrogenous foods. It is three-quarters water and prevents concentration in food. The remain-

ing quarter is nearly all starch. Care should be exercised in the selection of potatoes, those that are yellowish white being preferred.

The fact that it takes three and a half hours to digest boiled potatoes, and two hours for those that are baked, will indicate at once which method is preferable for the nursery. The desired temperature for cooking starchy foods can be reached, with care, in the oven, and a potato of medium size, baked in an oven, should be done in from thirty to forty-five minutes. When done in this way, it may be given occasionally, with dish gravy from roast beef or mutton, or with salt and cream to a child of two and a half, but it is safer to wait a year longer, depending in the meantime upon macaroni in its stead. The potash in potato, which is an important salt, and soluble in water, is not lost when potatoes are baked. For this same reason, when mashed potatoes are desired, they should be either steamed in a steamer or a colander over boiling water, or boiled slowly in their skins. When done, they should be lightly beaten with a fork, and a little cream and salt added. To be properly cooked in this way, a potato should assume a mealy or floury appearance, and should never

be used in the nursery unless done in this way.

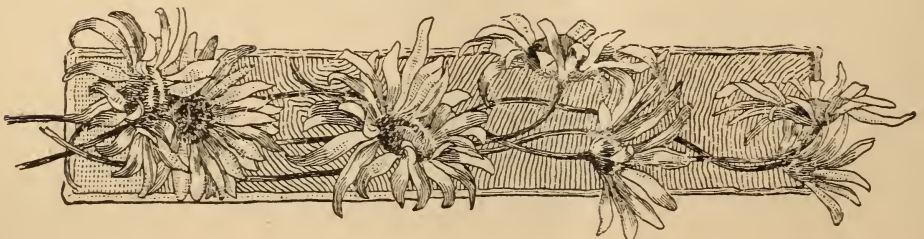
Macaroni, Etc.

Macaroni, spaghetti and vermicelli, are all preparations of flour usually made from hard Italian wheat, rich in gluten. Sir Henry Thompson observes of macaroni:

"It is certainly to be lamented that so little use is made in our country of Italian pastes. Macaroni in all its forms is, in fact, an aliment of very high nutritious power, being formed chiefly of gluten, the most valuable part of the wheat, from which the starch has been removed. Weight for weight, it may be regarded as not less valuable for flesh-forming purposes, in the animal economy, than beef or mutton. Most people can digest it more easily and rapidly than meat; it offers, therefore, an admirable substitute for meat, particularly for lunch or mid-day meals."

To prepare it for the nursery, add four ounces of macaroni to a pint and a half of boiling salted water, and boil gently for twenty minutes, drain thoroughly and put it back in the saucepan, adding a pint of milk and cream and a little salt, in which it should simmer gently for another twenty minutes. Spaghetti may be prepared in the same way. Vermicelli is to be used as an addition to broths, but there is no reason why it should not also be prepared as directed above.

LOUISE E. HOGAN.



THE MOTHERS' PARLIAMENT.

Mothers to the Motherless. —There is a class of mothers who more than others need help, since they have not the insights and inspirations mysteriously imparted by actual maternity. I mean step-mothers, aunts and grandmothers who take up the work of lost dear ones, and those who have reached out and drawn into their care motherless little ones not of their own kin. I am moved to say a word to these mothers by adoption, suggested by much observation and some experience of their peculiar trials.

The error I have in mind might be vulgarly described in the old saying, "Give a dog a bad name and then hang him." Are we not too ready to find displays of hereditary traits running in the blood that is not of our line, and to predict unhope-fully in consequence? Whether or not it be true, as Carlyle tells us some philosophers have said, that "an infant of genius is quite the same as any other infant, only that certain surprisingly favorable influences accompany him through life, especially through childhood, and expand him, while others lie close-folded and continue dunces," it is true that there are certain almost universal characteristics of childhood—more of them than the discouraged guardian is sometimes able to believe.

There can be nothing more disheartening to a child than to know that evil is continually expected of him. After you have used your best endeavor, then be patient. Much

that makes your heart ache now with dread for the future will disappear by a simple process of outgrowing. The child is wonderfully sensitive to hopes which he perceives to be entertained for him; let your faith grow, then, and be an inspiration for his.—*M. H.*

Knowledge for Children. —Mothers of thoughtful little daughters miss a great deal of comforting companionship if they do not take these daughters into confidence when a new baby is expected. An intelligent girl of seven or eight is not too young to find great enjoyment in watching, and possibly helping in, the making of the dainty layette; and she will feel pride and pleasure in undertaking little tasks to save the dear mother's failing strength.

The greatest gain of all, for both mother and children, comes in the fund of sisterly tenderness which grows in the months of waiting. The little girl so trusted will not be unworthy of the confidence, be sure; and a true womanliness will be developing in her which will by and by help to lead her away from the woman's temptations of selfishness and frivolity.

The extent of the explanations to be given might be a matter of debate. I doubt if harm has ever yet been done by physiological teaching earnestly given by a mother, and who cannot point to an instance of harm resulting from ignorance or half-knowledge? Right teaching is easily given if children are early encouraged to make

investigations in all branches of natural science, as their inclinations prompt. Nature is full of analogies, and from the growth of the rose to the growth of the baby is an easily followed story.

It has long been a matter of wonder to me that children, instead of first being taught Nature's laws, and later

learning—as, alas! they must—of the perversions of these laws, are generally left to learn first of sin and then, as a sort of corollary, of what should be. Can we wonder that the moral nature in many cases never recovers from the warp given by this inversion of the proper order of thought?—*Mary Murkland Haley, Wakefield, Mass.*



NURSERY PROBLEMS.

No Change Necessary.

To the Editor of BABYHOOD:

What would you do with a baby, now in his second summer (sixteen months), who persistently refuses to eat anything from a spoon, and who vomits eggs when they are given him? Should he not be allowed to stay on his bottle and plain milk diet, to which Mellin's Food has been added, until he has passed his second summer?

He takes, when in good health, 34 ounces of undiluted milk in the twenty hours, and 8 ounces cream, in all 42 ounces, not to mention the Mellin's Food. Is he sufficiently nourished?

AN ANXIOUS MOTHER.

By all means let him stay on his bottle rather than have any derangement of his stomach. He is rather young anyhow for solid food, unless it is bread and butter, and we do not usually think well of eggs as early as sixteen months. In the autumn he can be taught to eat.

He certainly has food enough, and would have even if the cream were replaced by the same bulk of milk. The question of nourishment depends upon how he digests this food, but, as we have said, a very ample quantity is given him.

Condensed Replies.

Mrs. M. N. T., Philadelphia.—(1) The constipation, even in the degree you describe, is not rare. The fact that the child would soil her napkin in sleep if not attended to shows that the trouble is not very severe. But you should bear in mind that the constipation of infants is very commonly dependent upon the anatomical fact that the large bowel is at that age different from that of adults or older children. If the habit of a daily evacuation is kept up, the constipation disappears of itself with the anatomical changes after the child is old enough to safely take a more varied diet. Your child is slow in teething and rather slow in walking, but until the coming teeth are through there is no need to hurry her walking, nor at any time for that matter. We think it doubtful if a more decidedly laxative diet than you have given could be now borne.

(2) If the child does not seem, after the reappearance of your menses, to gain, supplementary food may be used. But it should be borne in mind that the delay in growth may be only dur-

ing the actual presence of the flow. Therefore be sure that the retardation is real before using artificial food. Our preference in the matter of the food to be given with the breast would probably be, supposing the food to be needed at three or four months, one of the modified milk preparations; for example, good top milk and oatmeal gruel equal parts, pasteurized at, say, 170° F. The proportion of the milk could be very gradually increased. The more elaborate milk foods of cream, milk, and sugar of milk which we have so often spoken of are still better if carefully prepared and adjusted to the needs of the child. Another very simple and good preparation is a pint of good whole milk mixed with a pint of water in which seven even teaspoonfuls of milk sugar have been dissolved and the whole pasteurized in feeding bottles.

(3) It is better first to clear out the bowels, because, if the diarrhoea be due to indigestion, the trouble is likely to continue until the undigested matter is removed, or if due to cold the digestion is likely to be stopped and practically the same condition follows. A small dose of oil or a fair one of syrup of rhubarb will probably be enough. If this is done the need of restricted diet will be much shortened.

(4) We cannot tell you "exactly" how to cook the breakfast cereals because they vary so immensely in the required time. Some oatmeal, for in-

stance, requires soaking and a long cooking, some of the better prepared ones, owing to previous steaming or other processes, need but little time, and so on. The main point is that the cereal chosen should be cooked thoroughly soft and not too dry, and if possible that it should be palatable, which last depends a great deal upon having a good and uniform quality of the particular cereal, and that the water in which it is boiled should be properly seasoned. Seasoning cannot be done afterward. The same doubt will apply to the making of oatmeal gruels, owing to the uncertainty as to what oatmeal is to be used. The only object is to get into the water the flavor and the glutinous parts of the oatmeal, the solid parts being all strained out, and one meal gives the result quickly and another slowly. Until you get an oatmeal which you are sure of, a good plan is to take a heaping tablespoonful of well cooked porridge and boil it up in a pint of water and strain.

"*Springmead.*"—We should advise you to consult a specialist or a good general practitioner, and learn at least how much injury has been done your ear, and whether the trouble can now be easily healed. It may be that a little treatment would cure you. As you do not mention the state in which you reside, we do not know whether you are within easy reach of special treatment or not.



KINDERGARTEN-AT-HOME STORIES.

IV.

Babykins Has a Ride.

Babykins was having a ride. It was just the morning for a ride, with blue skies, as blue as Babykins' eyes, and the apple blossoms were out, and the birds singing. How could one ask for a better morning for a ride? But Babykins often took the same ride on stormy days, so he did not care much about the weather after all. He had a fine pony that no one else could ride? Can you guess why? I think you will soon see if you look at him now while he is taking his ride.

Where was he going? Listen while Nursie sings, and you will find out:

Trot, trot, trot, trot,

Now off to the market we go;

Trot, trot, trot, trot,

For Baby has far to go.

Of kisses, sweet kisses, we want most a pound,

And if there should not be enough to go round,

Trot, trot, trot, trot,

Then back to the market we'll go.

Trot, trot, trot, trot,

Now merrily home we ride;

Trot, trot, trot, trot,

With kisses and smiles beside.

If we haven't enough we will go back for more,

For papa and mamma we've one, two, three, four.

Trot, trot, trot, trot,

Our Baby has had a fine ride.

It was a very nice pony that Babykins had to ride upon, for it never seemed to get tired, even if Babykins wanted to go to market ever so many times. Perhaps if you come to see him he will let you ride upon it.

V.

How Babykins Got Lost.

It was not very often that Babykins had a chance to get lost, for Mamma or Nursie were always with him, except when he was asleep, and then when he had gone Cribbie Bye every one knew where he was, of course.

It happened one warm day that Babykins fell asleep on the rug, and so Mamma covered him lightly and left him there to take his nap, he looked so comfortable. Mamma went down stairs bye and bye and left the nursery door open, so that she could hear Babykins if he waked. He was sleeping so soundly that she was quite sure that he would not wake up for some time. But there was a busy little fly who was looking around to see what he could find to eat, and when he saw dear little Babykins lying fast asleep upon the rug, I do not wonder that he thought that surely this would be a very sweet morsel. He flew down and walked around on Babykins' cheek, then up over his eyes and upon his forehead. Babykins felt a funny little tickling, and he opened his blue eyes to see what was waking him up when he was so sleepy. Of course he could not see the fly, and when Babykins' fat little hand was flourished around, the fly went out of reach, so that he might not have a hard push if he should be in the way.

Babykins rolled over and shut his eyes again, and then the fly thought it would be quite safe to come back, so he began to march over Babykins' dear little face again. Of course Babykins couldn't sleep with a fly tickling him,

so he sat up and rubbed his eyes open with his fat fists. He was just going to cry for Mamma when he found that he was all alone and could go on a journey of exploration if he wanted to, without any one to stop him or bring him back into the nursery.

He crept out into the hall and into Mamma's room. If the work basket had only been on the floor, what a fine time he could have had, but it was up on a chair, and out of Babykins' reach. He crept along until he came to the bed, and then he stopped. He usually liked to pull himself up by it and walk around it, holding on with both hands, but just now he was a sleepy little boy, so instead of getting up he crept under it, and it was so dark and quiet there that he curled up in a little soft ball like Fluff, and went to sleep again.

VI.

How Babykins Was Found.

Bye and bye Mamma came up-stairs, singing a soft little song to herself, and thinking what a long nap Babykins was taking. She went into the nursery, expecting to see Babykins' curly head on the rug, but she was very much surprised, as you can imagine, when Babykins was gone. Where could he be?

She looked all about the nursery, but there was no Babykins to be seen anywhere.

"Babykins!" she called; but no Babykins answered.

"Nursie, have you taken Babykins?" Mamma called, going to the top of the stairs.

Perhaps he had waked up, she thought, and Nursie had carried him down stairs for something; but Nursie

had not seen him since he came home from his ride in the Park, and she had taken him up to Mamma.

Where could Babykins be?

Nursie came up-stairs and helped Mamma look for lost Babykins, and Fluff walked about with her tail waving in the air, following Mamma wherever she went. No doubt Fluff thought that she was helping find Babykins, too.

Nursie looked in the toy closet, but of course Babykins was not there, with the woolly dog, and his blocks and balls and top. Nursie might have known that Babykins could not hide away in the toy closet, but she did not stop to think what a big boy Babykins was, and what a little place the toy closet was.

Mamma looked behind the door, for she thought Babykins might be hiding there for mischief; but no Babykins could she find.

Where, oh, where could Babykins be? Mamma and Nursie could not guess. He could not have fallen out of the window, for it was shut, and he could not have crept down stairs, for how could he get over the gate at the top of the stairs?

Bye and bye Mamma wondered if he could be in her room, and she went in there and called:

"Babykins! darling Babykins, Where are you?"

There was a soft, sweet, little sound, like the chirp of a little bird, and a funny rustling noise, and then Babykins crept out from under Mamma's bed, his curls all in a tumble, and his face all dimples and smiles.

Babykins could not imagine why every one was so glad to see him, and

why Mamma kissed him so many times. you see, or he might have understood
He did not know that he had been lost, it better. MRS. GEORGE A. PAULL.



NURSERY HELPS AND NOVELTIES.

A Substitute for the Nursery Chair.

A nursery chair for the baby has the drawback that, in teaching him to use it, he cannot understand the difference between that and any other chair, so that you lose the help of association in training him to call for it. Another objection is its unseemly presence in the living rooms to those who are situated as many a mother is, being her own Bridget and nurse, and being obliged to keep Baby in the kitchen and sitting room with her, thus necessitating many extra steps if she undertakes to keep the chair in one particular place.

Appreciating all these difficulties, I found a way out of them by these means: The chamber bowls being too large and too cold, I crocheted a band large enough around to encircle it, and wide enough to be gathered in by a draw-string at both top and bottom, of coarse red Germantown worsted. The opening in the top was made large enough for him to sit upon comfortably, letting it sag a little, so that he would not tip over easily. This will slip off without any trouble for washing, when it is immediately replaced, making it ready for him any minute. I am having much less trouble with this baby by the use of this apparatus than I had with my other children, before I knew

there could be any substitute for a nursery chair.

I. M. N.

[The "Folding Nursery Chair" is another device for meeting difficulties which all mothers of young children have to contend with. Its simplicity is a great point in its favor, as it can be rolled up into a small bundle and easily carried from place to place without revealing its character. It is fully described in our advertising columns.—*Editor of BABYHOOD.*]

A Shawl-Strap Bundle.

So many of our friends have been surprised at my device for carrying Baby and at the same time driving, that I will describe it for the many mothers who may never have thought of such a way, and who, like myself, have a horse and vehicle, but no one always ready to drive, or carry the baby for them.

One day I had taken a neighbor to drive who did not feel she could come all the way home with me, so I placed the baby in a heavy blanket, folded, in the bottom of the wagon. Of course he rolled about more or less, as I could only use my feet to steady him; so I finally decided if I were to strap him, papoose fashion, to a pillow, it would prevent the rolling about, as

well as give him a more comfortable bed. He was but two-and-a-half months old, and would sleep the greater part of the way during a long drive. In looking for a strap I ran across a shawl-strap, which I thought just the thing; this, with a hair pillow about three inches thick, completed the outfit for the bed. I place Baby comfortably upon the pillow, folding his cloak or blanket, or both, as is required for warmth, smoothly about him, tuck it in, and in like manner turn it or them up over or under the feet, which keeps him perfectly warm in any weather. Then I place the handle of the shawl-strap on top, pass one strap under the pillow, just below the arms, thus giving him a chance to move his shoulders and arms at will—unless the weather is so cold as to make it necessary to wrap them in with a blanket. The other strap I pass under the pillow just above the knees, so that he can move his legs more or less after the blanket or cloak folded under or over the feet is bound by the lower strap. The straps I fasten tightly enough to prevent him from slipping about upon the pillow, but not tightly enough to keep him from moving sufficiently for his comfort.

In this way Baby will ride many miles, sleeping most of the time, far more comfortably than when in the arms of any one, and if he gets restless it is very easy to lift him by the handle of the shawl-strap to one's lap, holding him, or rather steadying the bundle, by holding the handle. In this way one can easily drive, and in case of any slight accident, can very quickly get out of the vehicle—Baby and all—which is not the case when a baby is

fastened into a basket in the wagon as a friend suggested. Now, when going for a long drive, even with a companion to drive, I generally use the pillow and strap, and carry Baby in this way on my knees, as he is so much more comfortable, and there is no strain upon my back and arms, as when carrying a baby in the usual way.

This contrivance works especially well in an open wagon, as it is so easy with this arrangement to carry a parasol to shade Baby's eyes. M.

Weston, Mass.

A Home-Made Baby-Guard.

My baby-guard is not only "most useful," but is easily made, and I think any mother, however poor, may provide herself with one like it. She need not be an expert carpenter to make one with her own hands; in fact almost any woman who can drive a nail, use a square, a plane and a saw, can do the necessary work.

Take an ordinary wooden box, twenty-three inches long, thirteen inches broad and thirteen and a half inches deep; remove both bottom and top, and fasten stout cleats ten inches long inside each lower corner. Let each cleat extend four inches below the edge of the box, at each end of the box fasten to these cleats runners twenty-eight inches long, and four inches broad in the middle, sloping from the cleats to each end. On the top of the box make a hollow table out of stout plank, that will not split easily; ordinary flooring is excellent. The outside measurement of this table is twenty-three by twenty inches, and the inside thirteen by ten.

It is plain the box will be raised four inches from the floor, leaving openings on each side, thus permitting the warmth of the fire to reach the baby feet in winter; in the summer the ventilation is sufficient.

I have given the exact dimensions of my baby-guard, of course, one may be made larger or smaller, according to the size of the child. Care should be taken, however, to have the table just the right height, for Baby to lean upon easily, without being able to jump out. As the runners extend be-

yond the table, it is, of course, impossible for Baby to upset his guard, although he will learn to push it along, when he begins to walk. If necessary, it can then be fastened by a stout cord of a convenient length to a stationary object.

I would not exchange my baby-guard for the best nurse that could be hired; because the baby is not spoilt by it, because he early learns to amuse himself, and can be easily put in a safe place, when I wish to leave him for a short while.

S. E. M.

HOUSEHOLD NOTES.

The Servant
Question
in Germany.

—A correspondent of the New York *Tribune* writes: During my last stay

in Germany, in one of the small towns of Thuringia, I learned of two or three maid-servants to whom were awarded certain sums of money for staying in one and the same place for twenty-five years past. It was paid from a fund which years ago had been set apart for the purpose by the reigning duchess of the principality. The occasion for paying the premium had grown to be so rare that it was much talked of at the time. The fact is that in Germany, as elsewhere, good servants are now the exception, not the rule. Still, there remain some retrieving features for employers. They are able, at least, to protect themselves against downright imposition by calling the law to their aid. Each servant is required to be supplied with a "service-book." It contains printed rules defining the relations between employer and employee,

and stating in particular the reasons for which a servant may be discharged before the stipulated time. One of them is repeated disobedience to orders, as long as she is not commanded to commit any immoral act. On the other hand, it is also stated for what reason the servant may leave without proper warning, and this protects her against unrighteous treatment. These regulations fill about five small octavo pages. The rest are blanks to be filled out by employers and the police authorities. They go to show where and with whom a servant has lived; how long she has been in a place; what her character is; and the reason for which she leaves or is discharged. Each certificate thus noted has to be countersigned by the police, a matter to which the servant is bound to attend as soon as she is out of place or enters another one. During her time of serving, the employer is required to keep the book in her or his possession.

So far as this goes, it establishes a certain fairness between mistress and maid. But modern half-baked ideas have taken hold of ignorant minds in Germany and are fast undermining the sense of duty and the sense of responsibility, which used to be prominent qualities with servants of older date. The maid-servant nowadays who, at a tender age, leaves a training-school, is apt to start with fair principles; but soon comes a suitor who almost always is a Socialist. He very soon teaches her rudeness to her employers, and fills her mind with mistaken ideas about her own rights.

In Germany a servant is commonly hired for not less than three months, and if the girl has given satisfaction during this time, for not less than one year afterward. The wages in small towns range from thirty to forty-five dollars a year. In the large capitals, however, the wages are higher. I have mentioned the training-school. There is one with which I have been acquainted for many years, and I dare say it is a fair sample to cite. It was endowed early in the century by one of the sovereign duchesses, and is presided over and controlled by ladies of the best society, who, in turn, give their unpaid services to the institution. They take only the daughters of very poor parents of good reputation, after they leave the public school—which mostly is at thirteen years of age. Some girls live in the institution, but most of them attend it only in the day-time. There is a matron, who is head teacher, and other women who assist her. The girls are taught cleanliness in person and otherwise, and thoroughness in all the work they do. They learn

how to wash and iron, and do scrubbing, sweeping, dusting, sewing, knitting, etc. They are not taught cooking, however, beyond preparing the very simple fare which the institution provides; and only the older girls are called upon to help in getting the meals. The pupils attend the school, day by day, all the year round, until they are fit to seek employment, which is at the age of fifteen or sixteen. Their whole deportment, indoors or out, is under the control of the institution. During their apprenticeship the older girls are frequently sent out by the day to meet calls for domestic help, which must be adequate to their age. The very low wages they receive for such service belong to the institution, which takes care of all their needs. I have known a number of excellent and faithful family servants who issued from this charitable school. The ladies who hired them on leaving the latter took them in training themselves. They had a good foundation on which to build. They taught them to cook—and how well these girls do cook!—and to manage the household; all this, not in a month, nor a year, but in the course of several years. They have no free access to the store-closet or wine supply. Each day the mistress of the household hands over to them the butter, eggs, sugar, etc., which is needed for the day's bill of fare. To give the servant liberty to handle herself the stores kept in the house is believed to harm her, inasmuch as it opens the door to temptation. It is the general custom, also, to give a servant a week's supply of butter, sugar and coffee to meet her own wants, and to assign to

her of the meats served on the family-table her own portion. I invariably noticed that that portion was a very generous one, although not of the best cuts. It is plain that the result is greatly in favor of reduced household expenses, when compared with the sums we have to spend in this country for providing not our own tables, but rather the tables in our kitchens.

—The London *Queen*

A New Use for Glycerine. is authority for the statement that steam will not gather on windows if they are rubbed when clean and clear with glycerine. The glycerine is to be applied with a cotton cloth when the glass is rather warm and entirely dry. The window is then to be polished with another cloth of cotton or canton flannel until it shines and the glycerine is no longer visible. It should not, however, be entirely removed from the glass if it is to answer the purpose for which it was applied.—*The New York Evening Post*.

—The sugar of commerce is derived from two principal sources, namely, the sugar cane

Various Kinds of Sugar.

and the sugar beet. When pure, there is no difference whatever in the two sugars. Beet sugar, however, when not pure is bitter and unpalatable, while unrefined cane sugar is not only palatable, but to many palates preferable to the refined article. This difference is caused by the fact that in the juices of beets there is a large

percentage of certain mineral salts, notably of potash, which render them unpalatable; while these bodies are almost wanting in cane juices. On the other hand, cane juices contain organic ethers of an aromatic nature, which render them agreeable both to the smell and taste. Maple sugar, if refined, would be indistinguishable from cane sugar. It is probable that maple sugar is largely adulterated with brown cane sugar, but as the two sugars are absolutely identical in their nature, the chemist cannot detect the fraud. As a rule, the more advanced in civilization a nation is, the larger its consumption of sugar. England and the United States consume more sugar per head than other countries. In these two countries the consumption is about seventy pounds per annum per capita.—*N. W. Wiley, in Table Talk*.

A Boy's Room.

—Hester M. Poole pleads in the *Household News* for greater care in the matter of furnishing a boy's room. Time was, she says, when a boy's room was neglected, unkempt and desolate. Any old, shabby bits of furniture were good enough for him, big, bright, busy boy though he might be. He cared nothing for finery. His sister's furbelows were despised, and so the family, mistaking the boy's real nature, ignored his latent taste, and, in decorating the house, left him out in the cold. Old curtains, a dingy, moth-eaten carpet or rug, a couple of dilapidated chairs, strewn, like the rickety table, with strings, balls, knives, a bootjack and old shoes; a closet

hung with ill-smelling, unaired clothing—how many comfortable homes hold such rooms as good enough for boys that were fast growing to manhood?

To begin with, we must provide space and substantial comforts. A boy needs room in which to fling about his growing limbs, without apprehension of hitting rickety bric-à-brac.

But, while he despises his sister's "milk and water furbelows," we must not conclude that he also regards with contempt richness of color and grace of form. Far from it. Perhaps his taste, invigorated by a bolder, out-of-door, natural life, is more accurate than hers, but, if he is what he ought to be, he tolerates nothing weak and puerile.

There may be a diversity of opinion as to the wall paper, couches, pillows and bedspreads of the writer's own preference, but all readers will concur in the following remarks:

The rug of boy's room should have a deep-blue ground, with figures of dull amber, or the reverse, should that seem too dark. A stained floor is almost indispensable here. So is a book-case, to hold the favorite volumes he should be encouraged to gather; and a corner closet, beside that designed to hold clothing, where fishing utensils, mineral specimens and curios of divers kinds may repose undisturbed during the weekly cleaning. Here the youngster may learn to keep his belongings in order, while feeling the glory of possession succeeding attainment. For no boy can be happy who has no home-nest of his own, where harmless tastes may throw out their tendrils in various directions

and feel their way into that strange new world which is so inviting to the tentative mind.

Who knows what Boy—make it with a big B!—may become. Herschel and Darwin and Edison were boys once—crude, long-limbed, hobble-de-hoys, too. No one dreamed of their future. No one can foretell under what unkempt shock of hair is developing the brain of a grander philosopher or scientist than the world knows to-day.

Then give Boy a chance. Fit up his room nicely, require of him that order, system and neatness that ought to indicate a well-regulated mind; demand respect, and show him respect in turn. That is, after obedience and the fulfilment of tasks. Make his room delightful, and give him some time to find himself—to out-work his own nature.

If Boy has the instinct of a naturalist, he will need drawers and shelves to hold the treasures of air and field. Give him a box of tools, and encourage him to make them himself. Only inculcate order and care of his possessions, habits that his wife, in after years, will appreciate. Before the corner shelves alluded to, hang a denim curtain, wrought similarly to the tablespread. But have no curtains before the windows—only a shade is necessary. Boy is impatient with such things, and, very likely, will twist one into a wisp to let in the light he craves.

The chairs should be strong and few in number, the table stout and square. A small desk, high enough to let him stand and write or study at intervals, is a good thing. If not, the table

ought to be supplied with a large board or pad to hold writing materials, which should be kept immaculate and in place. Habits begun here will continue during a life-time.

Are there pictures on the wall? Yes, and good ones, too. Let Boy have before his eyes the likenesses of noble men and lovely women, of scenes of majesty and beauty. These will be a potent means of educing a love of

whatever is pure and good. The mind unconsciously drinks in whatever pabulum is placed before it, and plastic youth is helped or hindered by a thousand influences which unobservant maturity ignores. Therefore, it is a matter of rejoicing when kind fate—another name for Providence—has placed a boy in a home where love and wisdom watch over all its management.



A NEW YORK SOCIETY FOR THE STUDY OF CHILD NATURE.

IN a very unassuming way, a number of New York ladies have for some years done excellent work in the direction of systematic child study.

The nucleus of the society was formed in the autumn of 1888. Three ladies met during the winter to discuss questions of interest in the education of children, their attention being bestowed largely on the subject of stories adapted for telling and for reading to children; and on a choice of the stories themselves, as adapted to the children of various ages. In the following year, the autumn of 1889, the growth of the idea was distinctly perceptible, not so much in numbers as in definiteness of method.

Although but five ladies were called together, they met regularly every week from November to May, planning a course of reading, and the manner of pursuing it; and so filled were they with inspiration by the thoughts of the authors they studied that their work was a delight, which proved an active incentive to earnest effort. Thus, they studied Locke, Rousseau, Richter and Spencer.

It was their desire to share with others the advantages and benefits which they themselves had enjoyed, that caused the society, in the autumn of 1890, to invite new members to its forces, increasing its membership to a limit of thirty-five. The name "Society for the Study of Child-Nature" was then adopted, and from that time

on, its affairs were regularly conducted, officers being chosen, and records of the proceedings being kept.

Rousseau's *Émile* was the book first taken up for study, and the principal topics discussed by the society may be briefly outlined as follows:

The moral sense of children. Does it exist early? How can it be influenced? Should implicit obedience be enforced upon children?

List of desirable toys. Use and purpose of toys explained. Extravagant or useless toys discountenanced. List of toys to be avoided.

The idea of property.

How can the true idea of property be conveyed to the child, while its disposal of property is circumscribed by parental authority?

Distinction between property that is the child's through being bestowed upon it, and that which it has constructed itself.

Recommendations to mothers of the keeping of journals, noting observations on the development of their children. Preyer's book, "The Mind of the Child," especially valuable in making scientific observations.

The need of careful supervision of literature to be placed in the hands of children.

Various influences brought to bear on a child to impress a sense of duty. The danger of fostering a love of approbation, by drawing the child's attention to others' opinions of its actions.

Should the child be made familiar with the destruction of life? Is cruelty engendered by such knowledge?

Should the child see death in any form?

Resolved, that only one language—the mother tongue—be taught the child up to the age of seven.

Appeal to mothers to visit public schools, in the interest of their children. They should inquire into sanitary conditions, the amount of time devoted to physical training and the kind of training given.

Organization of a class for instruction in physical culture.

Invitation extended to members to attend a lecture on co-operative housekeeping.

Amount of personal attention the mother should give her child.

Does the time devoted to young children stunt the mental growth of the mother?

Invitations were received to attend a meeting of the Consumers' League. Also one of the Society for Political Study.

Temperamental faults and faults of character.

Punishment should be appropriate to the wrong committed, and commensurate with it.

Authority of older children over younger. The feelings this authority arouses in each. Extent to which the older ones should be invested with it.

Approbation as an element of education. When should it be vouchsafed the child, when withheld?

Discouragement of rivalry as an incentive.

Importance of form of address in the child's demeanor. How far should it be insisted upon, and in what manner inculcated? The mistake of regarding brusqueness as an indication of a simple uprightness. Good manners perfectly compatible with sincerity of character.

Rebuking children before strangers.

Advisability of restricting companionship of children to such associates as are known to exert no undesirable influence,

Establishment of question-box.

Should the carrying out of punishment be delegated to persons other than the parents? Corporal punishment; its aid in enforcing obedience.

Is there danger of neglecting the moral nature in a high development of the intellect?

Courtesy to servants.

Truthfulness towards the child, even though our ignorance of a subject must be admitted.

How to foster a love for reading in children.

Necessity of confidence between parents and children.

Richter's views of pre-natal influence compared with the views held at present.

The feeling of responsibility that should antedate the birth of the child. Parents should consider whether they themselves are what they would wish to perpetuate in other beings.

First dawning of evil upon the child's con-

sciousness, capable of being a power for good or evil.

Importance of joyousness in children; possibility of forming it into a *habit* of cheerfulness.

Music as an element of gladness in a child's life.

Should the free display of animal spirits be encouraged in the child?

Comparison of education of boys and girls at the present day.

Should falsehood be punished by imposing silence on the child?

Advisability of temporarily withdrawing from the child the confidence of the parents.

Obedience due to others besides the parents.

In declamation, is the passion or emotion exhibited impressed on the moral nature of the child? Is self-consciousness aroused thereby?

Should children be permitted to engage in money-making transactions at an early age? Danger of developing selfishness and greed thereby.

Should language be simplified to meet the understanding of the child, or should the child be elevated to a feeling of ease in an atmosphere of refined language?

How should a superstitious child be treated?

How should a child be treated whose imagination leads it to have morbid fears?

Are children innately religious?

Amount of time spent in acquisition of knowledge.

At what age should children receive pocket-money?

Is it always feasible or advisable—even when no undue bodily harm would accrue to the child—to make the punishment a natural result of the offense?

Is it advisable to protract the displeasure

shown by parents towards children, as a punishment for an offense?

How to overcome procrastination.

Instruction in music.

Study of music advocated for all children, irrespective of their ability to execute even vocally. Music not to take the leading part, or an undue one, in the education of a child.

Nervous organization of a healthy child, unfavorably affected by music only when unduly cultivated.

Danger of moral asceticism and its efficient avoidance.

Possibility and necessity of training the sympathetic impulses, and making them assist in the moral training.

Importance of impressing children with a sense of the sacredness of the body.

The moral education of children as to sex.

Should acts of self-denial always be praised by mothers?

Are children capable of self-sacrifice with a view of gaining such approval?

Treatment of sulkiness.

Opportunities for moral training in the daily school.

Comparison drawn between the influences of school and home as affecting moral development.

Possibility of perfect obedience and methods of obtaining it.

Use of Fairy Tales.

The moral influence pointed out, as opposed to the views expressed by the author.

Place of the fairy tale and fable in juvenile literature at the present day, compared with its place in former times.

The president and secretary, whose address will be given on application to the publishers of *BABYHOOD*, are ready to give any further information or help to organizers of new clubs.



BABY'S LIBRARY.*

The Jungle Book, by Rudyard Kipling (The Century Co., 12 mo, cloth, illustrated \$1.10, by mail \$1.23), is a fascinating collection of stories of a little boy and his adventures with wild animals. It is very imaginative, but strictly wholesome for children. Mowgli and his companions are of absorbing interest to the little ones.

Olive Thorne Miller has given us a book on *Our Home Pets* (Harper & Brothers, 90 cents, by mail 99 cents), in which she tells children how to keep their pets well and happy. The book is full of suggestions for their care. Some of the chapters are devoted to "The Bird," "His Private Apartment," "His Bath," "His Diet," etc. Dogs and cats are not forgotten.

Frederick Warne & Co., pay special attention to juvenile books written by authors who are well known as wholesome and instructive writers for the young. *Little Sir Nicholas*, A Story for Children, by C. A. Jones, with numerous original illustrations, by C. Patterson (\$1.50) is a book of this kind, and it is written in a manner to please all children. The writer draws a sketch of the missing heir of an old

family, and with its simple pathos this story is sure to touch the reader's heart.

From the same publishing house comes some little books about *Monkeys, Bats and Bears, Jaguars, Cats and Squirrels, Elephants, Horses and Camels*, and so on, through a dozen of them. They are in paper covers are very well illustrated and each illustration has an accompanying explanatory text. These books are very useful for object teaching and are sure to interest very young children, who naturally will gain much information from illustrations as lifelike as these are, and at the same time they will derive a great deal of amusement from "looking at the pictures."

Mothers can readily and very delightfully add to their knowledge for nursery use by reading Olive Thorne Miller's four books: *Bird Ways, In Nesting Time, Little Brothers of the Air*, and, just published, *A Bird Lover in the West*, which tells of the birds of Ohio, Colorado and Utah.

Mr. Bradford Torrey's three books appeal to the same fortunate class of bird lovers. His *Birds in the Bush, A Rambler's Lease* and *The Foot-Path Way*, are all marked by a rare genius for observation. These books are all published by Houghton, Mifflin & Co., Boston. (Price of each, \$1.25.)

THE LIBRARIAN.

*For the convenience of the readers of the magazine, the publishers of BABYHOOD will fill orders for the books mentioned in this review. Remittance for the price must accompany the order. The books will be sent postpaid.





CURRENT TOPICS.

The Woman With a Loving Heart.

THE woman with a loving heart is sure to look upon the bright side of life, and by her example induces others to do so. She sees a good reason for all the unwelcome events which others call bad luck. She believes in silver linings, and likes to point them out to others. A week of rain or fog, an avalanche of unexpected guests, a dishonored servant, an unbecoming bonnet, or any other of the thousand minor afflictions of everyday life, have no power to disturb the deep calm of her soul. The light is still in her eyes, whether the days be dark or bright.

It is she who conquers the grim old uncle and the dyspeptic aunt. The crossdest baby reaches out its arms to her and is comforted. Old people and strangers always ask the way of her in crowded streets. She has a good word to say for the man or woman who is under the world's ban of reproach. Gossip pains her, and she never voluntarily listens to it. Her gentle heart helps her to see the reason for every poor sinner's misstep, and condones every fault. She might serve with acceptance on the judge's bench, but she is a very agreeable person to know. If you seek to find the happy and fortunate women in your circle,

they will generally be those who were born with loving hearts, or, if not so endowed by nature, they have cultivated, by help or grace, this choice possession, and so have a double claim to its rewards.

Perhaps the dominant charm of Dickens's novels lies in the secret of his ability to portray with skill the workings of an affectionate heart. The Cheeryble brothers send out warm, sunny rays of loving kindness on every reader of "Nicholas Nickleby." Little Dorrit, God bless her memory, with her sweet, unselfish devotion to her complacent father and thoughtless brothers and sister and witless Maggie, wins the sympathy of every one. Dear old Peggotty, red-armed, a genuine lover, honest Ham and his father, poor little Em'ly, Agnes, and Dora (the juxtaposition does not harm them), the pinched face and willing hands of the Marchioness, Ruth Pinch and her brother, and hosts of other faces, shine out with genial warmth from the novelist's pages, and become tender household memories.

Wherever such hearts are found, in poetry or fiction, in the pages of the novelist or in the busy streets, their power is recognized as unique, beneficent and enduring.—*Harper's Bazar.*

Sit Erect.

MORE attention is now given to the position of school children, while seated at a desk, than in former years. As the child advances in school grade, or in later life, this is in a measure forgotten until a stooping habit is formed. It is sufficiently well known by every one that this stooping position results in diminished expansion of the chest, and that the position is one which produces an excessive supply of blood in the head, and consequent congestion of the organs of vision, which in time leads to defective eyesight.

It is often stated that it is necessary to lean forward to accommodate the eyes on account of defective sight.

This is erroneous, for the abnormal condition present will only be increased in this way, and the chances are, that if the work had been brought to the eyes earlier in life, instead of the eyes and body brought to the work, the eyesight would not have been originally impaired.

Many clerks at their desks, and children at school, are inclined to lean against the desk, and there are very few persons at the present time, who, when sitting in a chair which will permit of a level seat, can sit for a few moments even, as our grandparents did, in a perfectly erect position.

Round shoulders are not becoming to either sex, and are neither pleasing to the eye for form, nor favorable to

Solid Silver

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WHITING M'F'G Co.

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Broadway & 18th St.,
NEW YORK.



WE MAKE SOLID SILVER
OF STERLING QUALITY $\frac{925}{1000}$ FINE ONLY
BEARING OUR TRADE MARK,
THEREFORE PURCHASERS SECURE ENTIRE
FREEDOM FROM FALSE IMPRESSIONS.

COMMODORE'S CUP
LARCHMONT YACHT CUP
For competition by the
Cup Defenders of
Designed and made by
WHITING M'F'

the functional activity of the organs of breathing. Some may say that it is impossible for them to sit erect; that it tires them too much; or that they have sat in that position so long that it has become an established custom, and has existed too long to be corrected. Let any one who has this idea, try the experiment of sitting erect with the shoulders thrown well back, the head tipped backwards. Then take a deep, long, slow inspiration and fill

the lungs with air, holding the breath for a moment, then letting the chest slowly fall back to its normal position of expiration.

If this exercise is repeated several times during five minutes, three times a day, for a week, the experimenter will find there is much more comfort to be found in sitting upright than the old position of a half stoop. It will be found that a new habit has been formed which will readily assert

A GOOD THING



is always imitated. This is a well-known fact, and, therefore, it is not strange that the country has been flooded with condensed milk, said to be just as good as the

Gail Borden Eagle Brand.

Experience has proven that it has no equal. It stands to reason that the superior facilities of the New York Condensed Milk Company, with persistent, conscientious, scientific study of the production of milk, give it a decided advantage. Consider this.

itself without thought, and that it is less tiresome than to sit in a collapsed position.—*Monthly Bulletin of the Rhode Island State Board of Health.*

The Common Way.

Scene in a library—gentleman busy writing—child enters.

"Father, give me a penny."

"Haven't got any; don't bother me."

"But, father, I want it. Something particular."

"I tell you I haven't got one about me."

"I must have one; you promised me one."

"I did no such thing; I won't give you any more pennies; you spend too many. It's all wrong; I won't give it to you, so go away."

Child begins to whimper: "I think you might give me one; it's really mean."

"No—go away—I won't do it, so there's an end of it."

What do You Feed the Baby ?

NOTHING IS SO IMPORTANT AS THE RIGHT FOOD.

It should contain all the elements required for the perfect development of the child, and should also be very easily digested.

CARNRICK'S LACTO-PREPARATA

Is a pure milk food and is designed for Infants from birth to about six months of age.

CARNRICK'S SOLUBLE FOOD,

Composed of milk and dextrinized wheat, is designed for children above six months of age

The above foods are the *ONLY scientifically prepared Infant Foods*, and the *ONLY* ones THAT WILL PERFECTLY NOURISH A CHILD.

Send for samples and literature. "Our Baby's First and Second Years," by Marion Harland, to those who mention this paper.

REED & CARNRICK,

124 & 126 SOUTH FIFTH AVENUE,

NEW YORK.

Child cries, teases, coaxes—father gets out of patience, puts his hand in his pocket, takes out a penny, and throws it at the child. "There take it and don't come back again to-day."

Child smiles, looks shy, goes out conqueror, determined to renew the struggle in the afternoon, with the certainty of like results.

Scene in the street—two boys playing—mother opens the door, calls to one of them, her own son.

"Joe, come into the house instantly."

Joe pays no attention.

"Joe, do you hear me? If you don't

come, I'll give you a good beating."

Joe smiles, and continues his play; his companion is alarmed for him, and advises him to obey. "You'll catch it if you don't go, Joe."

"Oh, no, I won't; she always says so, but never does! I ain't afraid."

Mother goes back into the house greatly put out, and thinking herself a martyr to bad children.

That's the way, parents; show your children by your example that you are weak, undecided, untruthful, and they learn aptly enough to despise your authority and regard your word as empty.—*Exchange.*

MILKMAID BRAND CONDENSED MILK.

With Patent Can Opening Attachment.



FULL CREAM AND FULL WEIGHT.

For twenty-seven years the most popular infants' food in all European countries and the colonies.

This Company's product is indorsed by the *British Medical Journal*.

Never prescribe condensed milk without naming the brand, after ascertaining the best, not by what the producer says, but by careful comparison.

Prepared at Dixon, Ill., in the largest, most costly and best equipped milk-condensing establishment in the world.

Process the same as employed by the same Company at Cham, Switzerland, and the product is of equal quality. The process of condensing sterilizes milk.

This Company, established and still conducted by Americans, has been under the management of the same individuals for twenty-seven years, thus enjoying unparalleled experience in milk condensing.

ANGLO-SWISS COND. MILK CO.,
82, Hudson St., New York

Babyhood.

Devoted exclusively to the care of infants and young children, and the general interests of the nursery.

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BABY'S EYES, EARS AND NOSE.

BY CHARLES B. MEDING, M. D.

*Secretary and Clinical Assistant of The Harlem Eye, Ear and Throat Infirmary,
New York.*



NO factor of the early man-
agement so largely influ-
ences the future of the
baby for good as the
proper care of its eyes,
ears and nose. The value of strong,
true sight, acute hearing and an un-
obstructed respiration, together with
sweet wholesome breath, no one un-
derrates; and yet how often this is
disregarded is woefully witnessed in
the infirmaries, and by the specialists
devoted to the treatment of troubles
connected with the organs of sight,
smell and hearing.

The effects of defective eyesight,
deafness in any degree and the vari-
ous forms of catarrh are not only de-
structive of personal comfort and det-
rimental to beauty, but our success in
business, our chances of gaining a
livelihood, from the simplest manual
labor to callings requiring superior
intelligence, depend upon the sound-
ness of our organs of sight and hear-
ing. The diseases of these organs
differ from those of most others in
that they have but little tendency to
self-abatement, their constant progress
being toward greater suffering, inca-

pacidity and incurability. All three are
mechanical channels of incessant use
and, as in all machines, the constant
use of the weak and imperfect leads
quickly to complete wreckage.

With good medical attendance, the
average infant is born with practically
perfect eyes, ears and nose. With the
entrance into a world of varying tem-
perature, and more or less faulty judg-
ment, babies suffer, some more, some
less, from colds, and later from one or
more of the endemic diseases, mumps,
measles, whooping cough, scarlet
fever, etc. All these, the common
cold as frequently as the virulent dis-
ease, are prone to affect the eyes, ears
and nose. But in by far the larger
number of cases proper treatment and
care will overcome the mischief. Just
here, however, is the difficulty. These
slight ailments, as they are lightly
termed, are through either ignorance,
carelessness, or the masterful severity
of the primary disease, overlooked,
and when convalescence begins, both
doctor and parents are apt to ignore
such minor points.

Again, the method of home educa-
tion and culture is responsible for

many troubles with these organs. It is commonly supposed that the poorer classes suffer most from such causes. This, however, is not the case, save in so far as they form a larger part of the population. The very exposure, the evenness of such life, the plainness of its food, regularity of its hours and freedom of its action, resist disease to a great extent. In the homes of the rich as in the hovels of the poor, amongst the schools and colleges as along the streets, catarrh is prevalent. In young men and women in every walk of life, deafness, foul, noisy breathing and weak eyes are the sad proofs of early neglect and, in a multitude of cases, of uncleanness.

It is true that our climate, and our practice of super-heating living rooms have something to do with it, but the mild catarrh that comes and goes with the climatic changes would be productive of little harm were it minus the efficient aids—negligence and indolence.

The Eyes.

Early application to books, so prevalent in this country, beginning in the nursery, is often less a tax upon the brain than on the eyes. The eye may be fitly compared to a camera. Notice how neatly it is made, set in a bony frame, covered with the softest, smoothest surface, the lid armed with overlapping lashes, and furnished with clear, constant tears to wash away the dust. Just as the photographer has to move his camera nearer to or further from the sitter, raising, lowering, shifting until the image is correctly focused, so the eye with its muscles contracts or relaxes, admitting more or less light; so the head or the ob-

ject is brought closer or withdrawn until the proper position is attained. The mechanism is similar, but the eye is incomparably more delicate. It changes with disease, weakness, poverty of blood, too rapid growth, too great prominence, too constant or improper use. All these weaken the sight, tire the muscles, disease the lids, and dullness, headaches and suffering result. The layman thinks nothing of slight eye troubles; to the family physician, seldom able to fit glasses, the eyes do not appeal, and so the trouble steadily progresses.

Headache is rare in early childhood. When your little one has a headache which will not yield to the simple aperient, go to the nearest eye specialist or infirmary. Never allow the dislike of wearing glasses to interfere. Glasses of any description are preferable to the squinting, blinking, and chronic complaining, to say nothing of the injury that without them is sure to develop.

The slightest inflammation of the eyes of the newborn is, in the absence of correct treatment, fearfully dangerous, going rapidly on to blindness, but inflammation of the eyes or lids at any time is a matter calling for an able physician's skill.

The important points of hygiene for the eye, and those which parents can and should enforce are cleanliness and rest. Keep the eyes clean; be sure the towel has not been used by others whose eyes are red or sore; compel your child, from the time it gets its first picture book, to use its eyes only in a good light, in proper position and on clear print. Fitly enough, it is only the hurtful, and often indecent

rubbish that is now found in the blurry looking issues printed on half-sized paper with broken-faced type, more injurious indeed for the mind than for the eyes. You may be sure that when with proper light, type and distance, the child is uncomfortable, something is wrong. The dislike of school and study results often from poor sight. It is not always near or far-sightedness; refractive and muscular errors are far worse, and here is shown the wrong of applying at the various jewelry and optical goods stores for relief. Glasses so obtained are generally as far from correcting the sight as may be expected from the doubtful answers of the patient and the haste and ignorance of the clerk.

(The Ears and Nose.)

The ears and nose must be taken up together, trouble with the nose being a frequent and direct precursor, if not cause, of ear disease; very rarely will ear trouble, outside of simple earache, develop without the nose being first affected.

Cleanliness of the nose then, is the surest means of preventing its disease, and is consequently preventive of ear affections. It is the essential of the most scientific treatment. Babies do not like to have their nose bothered; not because of pain, nor yet of ill temper, but because the natural manner of breathing is through the nose. When you touch the nose, therefore, you interfere with the breathing; hence the restlessness, the bobbing of the head and the crying. Understanding this, if you proceed to keep the little nostrils free, Baby will soon find out you intend no harm. When the

nose becomes occluded with hard, dry mucus, when every time you strive to remove it you cause bleeding and pain, when hard breathing and choking coughs indicate that respiration is a task, blame yourself. Begin properly and a well trained babe will help you to enjoy comfort; such babies will make attempts at wiping the nose as early as at five months.

But how clean the nose and establish nice habits? If the baby's nose is full of a tenacious secretion, you will, by using the thumb and finger gently but firmly enough to press the sides of the nose against the septum, and with a stripping motion be able to squeeze some out. Now take a small feather, and inserting the soft end push it back as well as up, twisting it meanwhile, and so make Baby sneeze. If once is not enough, try again. This will generally effectually empty the nostrils. Now, with a small glass syringe, throw a gentle stream of lukewarm water containing a pinch of salt into each nostril and to finish take a piece of soft paper, roll it skewer-shaped, and dipping the larger end into a bottle of vaseline, anoint with it the inside of the nostrils; apply some vaseline to the outside of the nose also. Should the trouble continue unduly, apply to a doctor. These methods, however, are always of use and never harmful.

Catarrh is one of the most disagreeable of ailments and seldom visits the thoroughly clean to any extent. Long experience in hospitals proves the lack of cleanliness to be a constant cause. Foul breath, obstructed breathing go on to deafness, loss of appetite, a dull, heavy expression, de-

pressing headaches, and in time the sufferer becomes as disagreeable to himself as to others.

Every day the necessity for acute hearing becomes more urgent, not only in the pursuit of business, but also in the protection of life and limb. The diseases of infancy and childhood are the enemies of sound hearing, the earliest troubles in earache often going on to perforation of the drum and its attendant evils. Taken in time, in a large majority of cases, a perfect cure is obtained.

A shrill, unappeasable screaming, rubbing the head against the holder's breast, burrowing in the pillow, holding the hand to the side of the head, these are sure symptoms of ear pain. When your child has earache, do not ignore it, do not fill the ear with all kinds of oil and spirits and rubbish, but apply heat, flannels wrung out of hot water, or a hot, dry salt bag. Water as hot as can be borne without resistance, syringed into the ear gently and continuously for five minutes at a time will generally stop the pain. If these methods do not relieve, see a doctor who understands the ear. It is criminal for any man who does not understand it to attempt to treat the ear, and it is a foolish mother who allows her likes or dislikes to stand in the way of proper attention.

Cleanliness of the ear is important. It is, alas! fraught with danger in the hands of the rough as in those of the careless. Picking with hairpins, tooth-picks, etc., would be a delicate operation in the hands of the aurist, but warm water, soft flannel and gentleness will never hurt the ear. I know of no better way to clean Baby's ear

than the following: Wash the ear, all its folds and hollows with a soft wash-rag, good soap and plenty of warm water; some water will surely trickle into the canal, then take a piece of clean, white blotting paper about two inches long by one quarter wide, roll it between thumb and finger, and with a twisting motion insert gently. The water will be absorbed by the paper, will soften the paper, and the twisting will loosen and collect the wax. If this latter operation is done twice a week, Baby's ear will be clean.

A constant tendency of early life is the putting of peas, beans, etc., into the nostrils and ears. Should such an accident happen, best send for a doctor and not seek to remove the cause yourself. Such bodies do no harm if skilfully and quickly removed.

The ordinary diseases of early life, measles and scarlet fever especially, are the common causes of obstinate inflammation of the ear. Why it should be overlooked, how mother and nurse can allow an ear to discharge and become fetid ere they become alarmed is not conceivable, yet such negligence is not rare. Remember, *that discharge is the open door to foul chronic catarrh, incurable deafness and even brain disease.* Do not delay. In such a case go to an infirmary or specialist, wherever nose and ear are treated conjointly, go and keep going until science has done its all. Remember that deafness will render the brightest child stupid. I believe half the inattention so often complained of is due to inability to hear quickly.

Mouth breathing is a reliable sign of something wrong. The proper

way to breathe is through the nose; when the mouth is used, when children sleep with the mouth open, it is because the nose is stopped. The nose is constructed to warm, moisten and filter the air before it reaches the lungs. How detrimental then must it be for the air, sometimes hot, sometimes cool, now dry, now damp and always laden with dust to pass directly through the mouth into the lungs. And the dull stupid countenance so common in mouth breathers is quite unmistakable. The skilful surgeon will remedy the trouble. A small operation without danger restores to

the child the natural channel for its life breath.

Teach the child to keep its nostrils as clean as if they were always in view. From its earliest days, fasten a little handkerchief to its dress with a safety pin and show Baby how to use it. Before it talks or walks, it may be taught to blow or wipe its nose. At first this is "cunning," then it becomes useful and these habits of cleanliness, are forever fruitful of good. The face can never be called ugly that is clean and bright; on the other hand, the face will never appear beautiful that is in any way dirty.



SOME DANGERS RESULTING FROM THE USE OF COWS' MILK.

BY SMITH ELY JELLIFFE, M. D.

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ALTHOUGH cows' milk, on account of its resemblance to mothers' milk, is considered the ideal food for children who are deprived wholly, or in part, of the mother's milk, yet recent information upon the subject of germs and germ diseases shows that many dangers are to be encountered in the use of unmodified cows' milk.

It is a fact that nearly 40 per cent.

of all children die before they are five years of age, and that of this 40 per cent. nearly three-fourths die of troubles that are directly or indirectly traced to disturbances in the nutrition of the child; it therefore becomes a matter of grave importance to inquire into the causes of disease which can be traced to the universal food, milk, with a view to their prevention if possible.

The reading public is apt to treat the subject of germ diseases either with

flippancy or with an exaggerated dread. To some, the words germ, bacteria, microbe are the toys of scientists, who make infinite evil out of infinitesimal matter, and who have created by this means a number of vague but unpleasant diseases, which the world was quite free from fifty years ago. To others, the germ is an invisible and deadly foe lurking in every pool of water, in the air of night, and in all food.

The truth is that the so-called germs are very minute plants which can grow and multiply if they find a suitable resting place, just as surely as a handful of oats will grow and multiply in a plowed field; but there are means of rendering these germs as incapable of growth as oats would be after being made into oatmeal porridge. Germ diseases have always existed, but it is only recently that scientists have discovered their cause. In many such diseases this discovery is as far as science goes, the remedy has not been discovered; thus *prevention* is so strongly urged, for prevention is their *cure*.

In stating the various diseases which may be conveyed by means of cows' milk, the object is to set forth clearly the existence of the germs, and the methods of preventing them from entering the human body. For it must be remembered that the germ of a disease must enter the body, find a suitable place to grow, must multiply by the millions and create a poison by its growth before disease is recognized.

Consumption or tuberculosis is a disease only too common to childhood; the statistics of the various countries

show its alarming prevalence. But by tuberculosis is meant not only tuberculosis of the lungs, when the germ, *bacillus tuberculosis*, enters the lungs by breathing, but all diseases caused by the germ, either in the joints, causing white swellings, or in the spinal bones, causing humpback, or in hip joint disease, or causing marasmus, hydrocephalus and tubercular meningitis. None of these different forms of this one disease can be contracted by a child, no matter what its heredity may be, unless the germ be taken into the body, either through the air or the food.

It is now a well known fact that cows are very liable to have consumption, and it has been shown by skilled veterinary surgeons that many herds, especially in the regions about large cities, are markedly tubercular, and about such cities as New York, Philadelphia, Chicago and Boston, from twenty to thirty per cent. of the cows that are supplying milk have consumption in some form. When the added proof comes that the milk of these tuberculous cows often and even generally contains the germs of tuberculosis and is supplied to the consumer in that condition, then the importance of this knowledge is evident.

The experience of many able physicians as well as experiments conducted in the most careful ways known to science have shown that children who have been drinking the milk from tuberculous cows have contracted tuberculosis in some one of its various forms, thus making a complete chain of evidence, showing that consumption both *can* and *does* come from cows' milk.

Diphtheria is another disease that has been traced as originating from milk that has become infected from other cases. It is now taught by competent medical authorities that cows can also contract a disease that is similar to diphtheria and the disease germs of diphtheria have been found in their milk. This, however, is a rare occurrence, and diphtheria when conveyed by milk is contracted by the milk becoming infected from some other case in the same house.

Typhoid fever is a disease that is believed to be rather rare in childhood, yet the recent epidemic in Montclair, N. J., and epidemics in 1892 in the State of Massachusetts, have had many children as sufferers. The spread of the disease in each case was traced to the infection of the milk. In two epidemics the well in which the milk cans were rinsed was contaminated by a member of the milk dealer's family suffering from the disease. Practically, in these epidemics, the cause of the disease was the contamination first of the water and then of the milk. As far as we know cows' milk direct from the cows never contains the germs of typhoid fever, but when once introduced, they can live and grow rapidly.

Scarlet fever differs from tuberculosis, typhoid fever and diphtheria in that, as yet, we do not know its exact cause, and thus it cannot be proven in a strictly scientific manner that it can be conveyed by means of cows' milk. Still, there is enough evidence, by direct observation, to bear out the statement that scarlet fever also is very liable to be contracted by means of contaminated milk. Numerous

epidemic outbreaks of scarlet fever are now known in which milk was the vehicle of contagion. Until about the year 1882 it was supposed that such outbreaks were due to an infection of the milk supply from human scarlatina; it was inferred that either the milk dealer or members of his household had the disease or that houses on his route supplied the means of contagion, but we know now that a more dangerous element is present, namely, that cows themselves suffer from a disease that is capable of producing scarlet fever in children; and a number of so-called "milk scarlatina epidemics" have been due to this cause. In England the disease seems to be commoner, but there are reasons to believe that such troubles exist also in this country.

A most unfortunate property that milk possesses, from a hygienic point of view, is that it is an excellent medium for the growth of germs; that is, bacteria of all kinds, whether harmful or harmless, multiply very rapidly in it. This property renders it a source of much danger in the warmer months of the year, when the bacteria of decomposition sour it and make it unfit for food. Naturally sour milk is not fed to infants, even a suspicion of "turning" is sufficient to cause it to be thrown away; but it must be remembered that the ever present bacteria of decomposition enter milk when it is exposed to the air, and on a warm day they multiply very rapidly, so that large numbers are present long before the milk reaches the sour stage. When such milk is taken into the child's stomach,

the germs continue to multiply, and simple diarrhœas as a consequence often occur, and if the child is not strong the dreaded summer complaint of children often follows. It has been proven that many thousands of the cases of cholera infantum are due directly to the contamination of the baby's milk.

These facts are not imaginary, they are real; and although it is not by any means necessary to abstain from the use of pure milk, yet it is important that it be known that there are dangers in the use of cows' milk as a diet for infants, especially when such children are weak and poorly nourished. A rough and tough little country boy will often eat green apples to his heart's content, but when his delicate city cousin tries the same feat, he suffers from cholera morbus. In the same way there are many healthy children that could and probably do eat safely hundreds of tubercular germs, while, in the case of infants who have inherited lessened powers of resistance, or whose health is poor by reason of some temporary ailment, one germ would be enough to start a fatal disease.

As a seed cannot sprout on a slab of polished marble, but must have soil for its growth, so the germs which may occur in milk must have a congenial medium to grow in if they are to multiply sufficiently to cause disease.

The practical outcome is to encourage reasonable precaution in the choice and preparation of the food for infants. The sovereign prevention is for a mother to nurse her own child; or if she is unable to do so, to get a healthy

woman to nurse it for her. If, however, this is impossible and one must resort to cows' milk with all its possible attendant evils here described, let it be remembered that the remedy is sure, viz.: destruction of the germs.

The various methods of sterilization and pasteurization are of immense benefit in the feeding of infants. They render milk almost absolutely free from any germ, provided the milk after treatment is not exposed to fresh sources of infection from the air. If it is impossible to scientifically sterilize milk, ordinary precautions will often avert evils. The milk should be obtained from a thoroughly reliable dairy. It should be kept as cool as possible, as a tepid temperature is most favorable for the growth of germs, and it *should never be exposed to the air*. The feeding bottle and nipple as well as any vessel which may be used to hold the milk should be scalded immediately after using, and the bottle and nipple should be kept in fresh water until needed again.

Although pure cows' milk is a necessity as an infant food, if there is any doubt about the milk being fresh and pure it is better to use some reliable infant's food which will agree with the child, than to run the risk of summer diarrhœas or cholera infantum by milk which is about to sour.

Lest the dread of possible evil in spite of care oppress mothers who are feeding their children upon cows' milk, it may be well to state in conclusion that regular hours of feeding, regular hours of sleep, and plenty of fresh air, do much to keep a child in good general health; so that it can resist possible attacks of illness. It

may, moreover, be some comfort, for those prone to dwell on possible dangers, to reflect that the three-fifths of the human race that did not die in

infancy have at one time or another eaten some or all of the bacteria that have been mentioned as occurring in milk, and have survived.



BAD HABITS OF CHILDREN AND THEIR ELDERS.

BY JOHN H. RHEIN, M. D., PHILADELPHIA.

IN the rearing of children, mothers unwittingly make blunders which they are not cognizant of until too late. That is to say, they are too apt to let their little ones grow up with habits which not only are unpleasant to look upon, but really do a great deal of harm by changing the temperament of the child. The mother is unmindful of these habits until they have acquired too deep a root to break easily, and it is not until then that the indulgent parent is conscious of her mistake.

One of these is sucking the thumb, so frequent among the very young. The mother often favors this, as it seems like a charm to soothe the child during prolonged wakefulness, fretfulness, ill temper, etc. At bed time, especially, the habit is resorted to, until it becomes a necessity to the child to resort to it before he can fall asleep. This is the child's great solace in every little perverse condition of his life, and in any disagreement with playmates, and the child adheres to the habit with a tenacity which it re-

quires the greatest tact and patience to overcome. And it is necessary to overcome it, for if allowed to go on too long it results in physical deformities. The lower lip grows prominent, the hand becomes deformed, and pressure on the nose, which often occurs, spoils its shape.

The best way to break this habit is to place some bitter substance on the favorite finger, such as quassia, aloes or some similar drug, which is harmless enough in such small quantities. This must be accompanied by strict discipline on the mother's part, though even this is not sufficient. In such a case something else must be done, the surest and not most unpleasant way being to have the child wear a pair of thin, soft, tight-fitting gloves, which shall not hinder him in his play. Sometimes a child acquires a habit of rubbing a soft substance between his fingers. This I have not infrequently seen, and I cannot help feeling that it is likewise pernicious, as it reacts on the nervous system of the child, so that in after years the effect may plainly be seen to be bad. It is responsible for much peevishness and

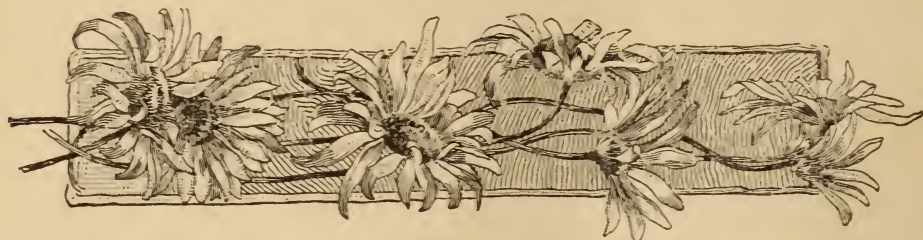
nervousness in after years, the child feeling dependent upon something to supply a calming influence on his restlessness.

This is a very appropriate place to mention a very bad and equally harmful habit, not on the part of the child, but of the mother, aunts, cousins, friends and whosoever chances to come within sight of the most wonderful of creatures. It is that habit of coddling, tickling and dancing the child, which people feel it their duty to indulge in every time they see the little favorite.

Now, mothers, beware of this if you hope to have your baby grow up free from a neurotic tendency, for these things are extremely fruitful in excit-

ing and irritating that part of the nature of children which had better remain as quiet as possible.

Another bad habit of many mothers is the way they teach their little ones to talk. I have known children to grow to quite a considerable age with the impurities of language which their fond parents were wont to instil into them at the time when they were just dawning into consciousness. It is unnecessary to relate to the readers of this journal those absurd abbreviations and distortions of speech known as "baby language." There is no reason why parents should not talk to their children in the same language in which they wish them to talk to them in after years.



THE MOTHER OF BOYS.



FEW weeks ago I amused myself by paraphrasing for the *Woman's Journal* a Colloquy of Erasmus entitled "The Childbearer." It

turns in the beginning on the question why a man-child is more welcome to its parents—even to its mother—than a girl baby; and this leads the young mother who is one of the interlocutors into a spirited defence of the natural equality of the sexes. Some of the arguments *pro* and *con* thus advanced in 1522 are notably identical with those which still resound in our latter-

day agitation for political enfranchisement. On the one side woman's inferiority is deduced from her physical weakness (*i. e.*, not her want of endurance, but her inability to cope with individual man in a brutish encounter) and from the explicit teaching of St. Paul; on the other, her equality is maintained from the common fatherhood of God, while the perils of childbearing are set over against society's economic assignment of military duty to the male sex.

The Colloquy presently sheers off from the main question, on which the

young mother triumphs through the default of her opponent. It can hardly be denied, however, that, even in the most enlightened families, a peculiar satisfaction attaches to the birth of a boy, especially in the case of the first-born. A *primipara*, to use the medical term for a mother in her first confinement, is held to have met every requirement if she presents her husband with a boy. He carries on the name; he is the future breadwinner; the parental plans for him are definite—he is to be fitted to earn a livelihood, and is to have, consequently, the best training the parents can afford, even at a sacrifice which involves his sisters. He will be the pride of his mother, whereas his sister will be her comfort. Perhaps a test of the prevalent feeling will be found in the question whether a choice would not generally be made in favor of a family all boys rather than one all girls, or of a boy if there could be but one child. The education of girls is more difficult, their clothing costs more (certainly in the middle and upper grades of society), the responsibility for their virginal purity and happy marriage weighs more heavily on their parents, or if unmarried their occupation is more of a concern; their health is more precarious; in the vicissitudes of fortune they are more likely to be a burden than a help. Above all, most mothers, in contrasting the lot of the two sexes, will conclude that Nature has handicapped the female, whose advent into this vale of tears is therefore not to be exulted over, necessary as it may be to the perpetuation of the species. Did any boy

ever wish that he was a girl as Marie Bashkirtseff longed to be a man?

All this discussion possesses a certain perennial interest, but the Colloquy in its after part touched me more nearly, for it anticipated Rousseau's educational treatise, "*Émile*," by some two centuries and a half, in that it inveighed eloquently against the habit (still existing in 1762) of putting children out of the home to nurse as soon as born. Rousseau was not, strictly speaking, an original genius: he owed much in respect to this very treatise, for example, to so unlike a character as the Englishman John Locke; but I do not recall in his writings any reference to Erasmus as an author to whose influence he owed anything whatever. The "*Émile*" has been lately retranslated into English, not very capably, and with the omission of that indispensable portion, the Profession of Faith of a Savoyard Vicar, which caused the book to be publicly burnt in Paris, and brought down on its author even the persecution of his Swiss Protestant countrymen. This Profession is the work of a reverent deist such as Rousseau was and always remained. Time has done more to rescue his memory from the stigma of infidelity than that of his great enemy Voltaire, and it was in a sermon that I first heard of "*Émile*"; but the sermon was an essay by a layman and school teacher (Adolf Douai), delivered from a pulpit in Music Hall, Boston, and that pulpit Theodore Parker's.

Of all "books that have helped me" I rank this first; and since I brought to the reading of it an inherited conviction of the natural equality of the

sexes, the author's low idea of woman, and dogmatic fixing of her "sphere," made no impression on me—being, indeed, hardly more characteristic of his time than of my own. I read, therefore, long afterwards, with some surprise the refutation of them by Mary Wollstonecraft in her "Rights of Woman," a very proper introduction to the "Émile." What did abide was Rousseau's imperishable reclamation for the mother of the chief part in the education of her offspring; and, this granted, no limit can be placed to the education of the mother herself. If, too, hers is the privilege of moulding the future citizen, no bounds can logically be devised for her interest in and familiarity with and (why should we not say it?) participation in public affairs. Nothing is easier than to prove Rousseau at odds with himself, and Mrs. Wollstonecraft quotes these two contradictory passages from the "Émile," with just praise for the second:

"The principal object of a man's discourse should be what, is useful, that of a woman's what is agreeable. There ought to be nothing in common between their various conversations but the truth."

Yet, advising the cultivation of reflection in women, Rousseau presently says:

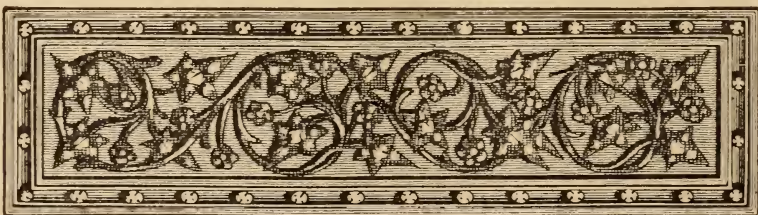
"An improved understanding only can render society agreeable; and it is a melancholy thing for a father of a family, who is fond of home, to be obliged to be always wrapped up in himself, and to have nobody about him to whom he can impart his sentiments."

On the whole, I do not think that any writer can be named to whom the female sex is more indebted than to Rousseau, with all the shortcomings of his age and his own sensuous temperament. Those who are now contending against "the subjection of women" will find, in his "Levite of Ephraim," their whole creed summed up in this apostrophe:

"Sex always enslaved or tyrannical, which man oppresses and adores, and cannot make happy or be himself happy except by allowing her equality with himself!"

He had been reading the Levite's story in the Bible when aroused in his bed by the tidings of the judicial condemnation of "Émile" by the Parlement of Paris, and the warning that he must flee for his safety. Before his flight was over, he had completed his glowing version of the Biblical narrative from which the above extract is taken.

WENDELL P. GARRISON.



HOUSEHOLD ECONOMICS IN THE NURSERY.

BY MARGARET H. BODEN.



THE study of Household Economics, although as yet not a full-fledged science, is agitating many minds. Apart from belonging essentially to woman's sphere, it has come to be considered one of the burning questions of the day, and grave scientists are turning their weight of wisdom to bear on household matters in sanitation, dietetics, and hygiene.

The house that cannot boast of a nursery, is, at best, a poor one, and in the onward march of domestic science the nursery claims a careful consideration. Assuming the house to be built on sandy, gravelly soil, free from suspicion of marsh-land or made ground, and on a wide and well-paved street, the exposure for the nursery is very important. If possible, it should be located on the second floor of the house, where climbing several flights of stairs may be avoided. Windows should be placed, if possible, on three sides of the room. If only two exposures are available, let them be the south and east. This will give air in summer, and sunshine in winter.

Never allow any plumbing or drainage in the nursery, or in any room opening into the nursery. If the bathroom is near the children's apartments, see that all the plumbing is open to view, and of the best material available. It is better to have few fixtures, but let those be of the very best.

The ventilation of the room is of the greatest importance. It is estimated

that each person requires one thousand cubic feet of air every twenty-four hours, and that a room occupied by two persons should be, at the lowest allowance, ten feet high, thirteen feet wide, by sixteen feet deep. A room any smaller than this will require a thorough ventilation at least every three hours. In fact, any nursery should be large enough to permit the passage of three thousand cubic feet of air each hour without causing any perceptible draught. If there is a register in the room from a fresh-air furnace, enough warmed fresh air will be admitted into the room for ventilation, as it requires an inlet of twenty-four linear inches only to admit sufficient fresh air per hour for one person.

There should be some way, however, to permit the escape of the foul air from the room as the fresh air is admitted. In some houses a ventilating shaft has been built beside the chimney flue, to give an outlet for foul air. This outlet flue can be opened or closed at will, and must be made as smooth as possible to prevent any retardation of air. If no artificial means of ventilation has been provided for the nursery, a window should be lowered one or two inches from the top. It is best to lower the window that is the greatest distance from the register or fire-place, in order to insure a better current of air, and a more certain change of atmosphere. There have been several efforts to perfect an invention for determining the amount of carbonic acid gas in the

atmosphere of a room, but so far these have failed. There is a vacant place beside our useful thermometer for such a valuable addition to the household science.

All these rules hold good for the night nursery as well as the children's living-room. If it is possible to have an open fire-place in both rooms, the problem of heating and ventilating is comparatively easy. If not, the register from a fresh air furnace must supply both heat and air until electricity is brought to our homes for heating, as well as lighting. A stove should never find its way into a nursery, but if necessity demands it, the stove should be nearly surrounded by a high wall of zinc, and a ventilating pipe brought from a window underneath the stove where the outside air may become warmed in a sort of hot air chamber, as it were, before spreading through the room.

In the night nursery, extra ventilation can be secured by the simple device of a hinged board placed beneath the lower sash. As some one has said, this will diffuse the cold air more like a spray than the fountain of icy breeze that descends when the window is lowered from the top. It must be remembered that the foul air at night, becoming cooled, falls to the floor. It is necessary, therefore, to have the beds a safe height from the floor, to avoid sleeping in this layer of carbonic

acid gas and impure matter. When the children rise in the morning, the windows of the night nurseries should be opened for thorough ventilation. The beds should be well aired, and closet and wardrobe doors opened to give the clothes a thorough airing. The furnishings in both nurseries should be as simple as possible. The walls and ceilings should be perfectly smooth, paint being much preferable to paper. It is far better to cover a painted wall with bright sunny pictures from which the little ones may unconsciously imbibe their first lessons in art, than to use a paper whose unhealthy dyes will do as much harm to a child's physical being as its glaring colors and false art may do to the beauty-loving natures of our little ones.

A hard-wood floor is greatly to be desired, with rugs that can be easily removed and shaken. In the night nursery, brass beds are sanitary choice, without draperies, and a separate bed for each child. In the day nursery, have plenty of low chairs and tables for the little ones, mother's sewing, basket and favorite rocker, but banish all upholstery, and the heavy curtains and portieres that invite the dust.

A sound mind in a sound body is what our children demand from us, and surely, in these days of enlightenment, to refuse them either would be criminal neglect on our part.



BABIES IN GERMANY.

IT may be interesting to some of the *BABYHOOD* mothers to hear a bit of the life and dress of a German baby.

A new German baby is never dressed but kept in a so-called "Bettchen." This is a long pillow which is covered by such a case as the pictured one. The cases vary in elaboration and manner of fastening, but the principle is the same in all. The pillow is opened out full length and a bit of rubber or oil-cloth laid on to protect it from wetting. The baby's only clothes are a little cotton chemise and a fancy white waist which reaches just below the arms; then his limbs are wrapped round and round in several diapers. These are usually of red and white checked linen and are never pinned on as diapers are on our American babies. Now the little mummy is laid in position on the pillow; the lower end is turned over and fastened securely, making motion of the limbs as impossible as it is for the young pappoose strapped upon his board. If this were used only a few weeks it would not seem very bad, for it is certainly an easy way to tend a baby, and saves its tender body many a jar and twist. But they keep the poor little thing fettered in this way till it is three, four or even five months old.

In addition, it lies most of the time, whether sleeping or waking, flat in a carriage, and few are the babies whose heads are not unduly flattened in the back, when they are finally so strong that they will sit up any way. The German carriages are cheap, commo-



dious and stout. They protect from wind and weather, but they are neither pretty nor springy. A sample cut is given. In most of them the handle is at the other end.

When a baby is taken out of its Bettchen and put in long dresses these are rarely white. Sometimes the little ones of the wealthy classes dress in white for extra occasions, but I have never seen one in pure white. There are always sashes and shoulder knots and wristlets of color. Among the middle and poor classes the dresses are usually dark, often in hideous coarse plaids and the most trying combinations of colors.

When a baby cries or when it needs to sleep it is comforted or quieted in a way that at first seems very strange to foreign eyes. A great, black rubber nipple is thrust into its mouth. This



soon becomes a common thing to the observer, for the babies all have them, and some are almost never without them. Even in sleep they suck upon them. The mothers say it is so much better than to have them suck their thumbs. It may be so, but not all children insist on something to suck upon, and this is one of the most disagreeable-looking habits you can imagine. One often sees a child of three or four with his great, black rubber dangling from his mouth.

The German mothers are very fond of their babies, but it seems as if they were not always wise in dressing and feeding them. They think flannel is

too harsh for a baby's skin and never put anything but cotton or linen on it. Babies, and older children, too, go with bare arms and necks from March till November. It is not unusual to see a mother sensibly and comfortably clad in a thick dress and wrap, while the tender baby rides along in its carriage with nothing over neck and arms.

If the babies live, they are tough and hardy, no doubt, but the statistics show that a very large proportion die in early childhood. It is pitiful to see the rows upon rows of baby graves in the cemeteries.

The children are very early given sips of beer and coffee, and I have repeatedly had mothers assure me that their little ones of one and a half or two years drink black coffee in preference to milk. Little, tiny babies, without regard to teeth, eat vegetables, soup and sausage, or whatever the others of the family eat.

I have been watching the babies here for nearly two years and I can most heartily say, fortunate the child who is born to American parents in our dear, old America.

Leipzig.

M. G. GEER.



THE PLACE OF FRUIT IN THE NURSERY DIET.



THE use of fruits in nursery dietaries is of great importance. They contain a very large proportion of water, but their chief food value lies in the sugar, acids and salts which they contain, which cool the blood, aid digestion, tend to promote intestinal action and correct tendencies to constipation. They are especially adapted to the nourishment of the brain and nervous system. The use and selection of fruit demand careful consideration, and it must be used moderately at all times, as any excess tends to intestinal irritation. The pulp and cellular parts are usually the disturbing elements. The juices are, as a rule, perfectly wholesome, and may be used some time before solid fruits are given. The *Lancet* says:

"Nothing is more essential to method in learning than frequent reiteration. . . . It might be supposed that by this time every one understood the importance of observing particular care in the selection of a summer dietary, especially as regards fruit. Hardly any question of domestic management is either more vital or more elementary. Yet error continually arises in this connection in the simplest way. A few days ago a child died soon after eating strawberries. Why? Because the fruit had been purchased two days previously, and, as was only to be expected, when eaten was in a state of decay. It is impossible to resist the impression that neglect had something to do with the sad result in this instance. Luscious fruits are particularly liable to putrefactive change, and such thrifty processes as exposure to a cold and dry air, spreading out and the like, suffice only to postpone decay for a brief period. We cannot do better than point to the incident above mentioned in order to remind the vendor and purchaser alike that freshness is the only certain guarantee of safety when

any succulent fruit forms an article of diet. We have not forgotten that another hardly less serious danger of the season awaits those who indulge in fruit which is under-ripe. In this case taste as well as judgment commonly interpose a caution the importance of which can hardly be exaggerated. Yet here, also, the consequences of neglect have too often been sadly apparent."

As may be inferred from above, it is of the first importance that fruits be fresh, ripe and in good condition. They must also be delicately handled, as the greatest value lies in the juice they contain, which may readily be lost, in whole or in part, by careless handling. A child two years old may usually be allowed the juice and pulp of a sweet ripe orange; no amount of sugar will correct the acidity of a sour orange, in a wholesome way, for nursery use. It is well to remember in giving all fruits that the best time is to give them for breakfast or for early dinner, stewed fruits being permissible only at supper time, and these not until the child is three or three and a half years old. The juice of an orange is indicated in feverish conditions. Baked apples may be given at this age. After three and a half years stewed fruits should be freely used; especially apples, prunes, figs and peaches. The pulp of an apple, scraped with a silver spoon or knife, may also be tried for breakfast. The juices of almost any fruit may be used long before this, either as a drink or with a variety of desserts or farinaceous foods. These juices may be prepared in the following manner and possess the advantage of being ready for use at all seasons of the year. Cherries, grapes,

raspberries, strawberries, blackberries, pineapples and similar juicy fruits are suitable for this purpose.

Express the clear juice of the fruit in the usual manner, and boil it with sugar in the proportion of half a pound to one pint of juice. Boil five minutes, stir constantly while cooling and seal in glass jars or bottles.

Stewed prunes, figs, dates, stewed apples and apple sauce are laxative foods. For many children all ripe fruits possess this property, and for this reason alone, if for no other, they are valuable aids in regulating a diet that is so frequently much too concentrated, keeping a child dull, sluggish and unhappy. Apples, cooked or raw, are particularly useful in such cases, and if properly selected, they are easily digested. As a rule, a child who is delicate and has little appetite for breakfast, will rarely turn away from a juicy apple, daintily served. Highly colored fruit, with a rosy, sugary flesh, is most digestible, if care is taken to see that it is properly masticated. Any really ripe apple may be used with safety.

The following fruits may be used after three or three and a half, according to the child's power of digestion. The cranberry, which ranks as an antiscorbutic and an astringent, may be given in the form of a sauce or a drink. To make a cooling refreshing drink, boil the berries in water, double the measure of berries. Boil until the juice has been thoroughly extracted, sweeten with one half pound sugar to a pint of juice and bottle hot. This should be diluted when used as a drink.

Strawberries are wholesome when

fresh and ripe if taken in moderation, but results must be carefully watched for individual idiosyncrasies. Some physicians recommend their use as early as at two years and a half, but it is better to err on the safe side and "make haste slowly." Dates and figs are highly nutritious, much more so than many other fruits, and in large quantities they are usually aperient. Children generally like dates when seeded, pressed flat and served upon their slice of buttered brown bread.

Bananas are nutritious but indigestible and should be avoided until children reach six or seven years of age.

Pears, when ripe, may be used carefully, but they are not to be preferred to other fruit for the first four years, as they require a long time for digestion, and, being decidedly laxative, if not properly digested are likely to give trouble.

Peaches may be used from three years up, when fresh and ripe and prepared carefully immediately before eating. They should always be pared for nursery use, as should every skin fruit, like the pear, apple, plum, etc. They must be thoroughly washed before using.

Diphtheria has been known to have been carried by unwashed apples. Even dates and figs suffer no appreciable loss by being quickly washed and dried over a range or in the sun, and they are infinitely more appetizing when treated in this way. Sterilized or boiled water should always be used for this purpose. Grapes occupy an intermediary position, being used medicinally in many

cases, under the guidance, however, of a physician. They are very rich in sugar, both in the fresh and dried (raisins) form and are easily digested when fully ripe. They are particularly useful in convalescence and in anemic and catarrhal conditions. The skins and seeds of all grapes must be rejected—the pulp also of many of them,—chiefly on account of the seeds they contain. The pulp of Tokay, Malaga and similar grapes may be eaten freely. Grape juice is especially refreshing and is liked by all children. It may be given amongst the first fruit allowed.

Blackberries are an astringent fruit, and they must be perfectly ripe to be eaten in their natural state. The usual blackberry of commerce is unripe although black, and is unfit to be used unless cooked. The berries are not sweet when in this condition and will easily cause a period of indigestion. They are particularly nice in the form of a jelly, using gelatine soaked in blackberry juice instead of cold water, in the proportion of a box of gelatine to a pint of juice, adding one cup of sugar, and three cups of boiling water. Boil, strain and seal in jars or tumblers. This formula, with the variations called for by the various fruits in the way of sugar and seasoning, will be found an excellent one for the use of all fruits. Cherries, prunes, oranges, apples, grapes, raspberries, currants and rhubarb are all to be recommended in this form. A further variation may be made at any time by adding the whites of eggs,

in proportion to the quantity made (as for instance two to four whites to one box of gelatine), beating the whites stiff and whipping into the fruit jelly, a little at a time, before it is quite firm. Turn into a mould, wet with cold water and let it stand until firm. It may be eaten plain or with sweet cream.

Corn-starch and blanc-mange may be varied by soaking them with fruit juices instead of milk, to be served with milk or cream.

The white of egg beaten very stiff and slightly sweetened, or whipped cream with the addition of fruit or fruit jelly, is a dessert that is simple, easily made, and one that not only pleases the eye and palate, but possesses desirable nutriment as well.

Whilst the selection of a fruit or fruit dessert may seem the least important portion of the nursery menu, it does not occupy this position, as, if used at all, it must be considered in connection with the idea carried out in selecting the entire menu for the meal. We must always remember the rules to be followed in health in regard to proportionate quantities of foods containing albumenoids, starches, fats and sugars—one supplementing the other. Under other conditions than those of health, an entirely different plan must be followed, as special conditions call for specially directed nutriments, and at such times fruits and vegetables are not desirable, unless recommended by a reputable physician.

LOUISE E. HOGAN.





THE MOTHERS' PARLIAMENT.

The Other Side
of the Trouble
with "Nipples."

—I am so much amused by the "Despairing Wail Concerning Nipples" in your July number just received, that I am tempted to reply to it for the benefit of "E. S." and perhaps for others. I, too, have been much tried with these same rubber nipples, but in just the opposite way, *my* trouble being that the holes were too large. I have often spent time in looking over a box full of nipples to select the small holes or those unpierced. It is perfectly easy to increase the size of the hole by means of a hat-pin heated in the gas or lamp flame. This makes a perfectly clean hole, and it is better to turn the nipple inside out before piercing, as the milk is drawn through more readily. To test the nipple before offering it to the baby, invert the full bottle and see that the milk drops easily, but does not *run* out. My experience, and I think it must be a common one, is the extreme rapidity with which the milk is taken.

I have the authority of two well-known trained nurses for saying that a child should take at least fifteen to twenty minutes for each bottle, supposing, of course, that the quantity is increased in proportion to the child's age and ability. The flimsiness of the average nipple is, I think, the worst

feature, as this causes it to collapse when sucked, so that a weak, or even a sleepy baby, is often but half fed, and this leads me to say a word against the custom of putting a young infant to "sleep on his bottle." Either one of two things is too apt to ensue: he takes just enough to satisfy without nourishing sufficiently, or he sucks and dozes and sucks again for over an hour. If it is very desirable to have Baby sleep on his bottle for the sake of domestic convenience, which is very often the case, stay with him and hold the bottle (indeed, this prevents the third evil of getting wind with the milk from the wrong position of the bottle) until there is but an ounce or two left in it.—*M. W. F., East Orange, N. J.*

[In our last issue "E. S." complained that the aperture in many nipples is too small, and she seems to believe that colic is due to this cause. This last can hardly be the case, unless the child happens to have the trick of swallowing air, which would be possible if sucking were hard and inefficient. Large holes and a correspondingly fine supply of food would be much more likely to induce colic. Nevertheless, too small holes may be a hardship sometimes. The exact size desirable for a child cannot be made in the trade, as the sucking, swallowing and digesting of each child varies. Therefore, one very good practice is to

get nipples with the smallest obtainable holes or with none at all, and enlarge them or make them with a needle, as required. Very small holes are best, but some inlet of air to the bottle may be needed. Many children in nursing from the breast even, occasionally let go for an instant. We have watched children do this—older children particularly—with the bottle. The air instantly rushed into the bottle through the nipple holes. Again, we have seen nipples which were collapsed when dropped and which remained so. The raising of the nipples from the neck of the bottle with the finger nail for an instant restores the equilibrium of pressure. But some attendants are not observant or wish not to be bothered with these details, and to meet their requirements various bottles have been made with valve apertures to let in the air. One, "The Best," is advertised in our columns, another we remember with an elastic strap covering the vent, to be raised or not at will. Still another plan is to make the inlet vent in the nipple, as in the "Mizpah" nipple, the air entering sufficiently to prevent a vacuum forming and so rendering the suction more difficult.—*Editor of BABYHOOD.*

Something About
Dreams.

—Few parents realize that dreams have an educational value, that much may be learned regarding a child's habits of thought by careful attention to the story of its dreams. The morals and the imagination of the child may be outlined through this simple medium, an insight into character obtained, and a

congenial interest established between the mind of the child and that of the parent.

Dreaming is altogether too universal an experience to be wholly ignored. When asleep, the mind seems absolutely in its own world, however much it may dwell in that of others when awake. Dreamland, though unreal, is not without its significance. Its visions sometimes awaken high ideals and its joys and sorrows are for the time, at least, as real as those of actual life. It is fabled that when the angel of the flaming sword drove the first pair from Paradise, the exiled ones bemoaned their fate, and the angel said to them: "Not forever shall you be banished. Every night when the sun has sunk to rest the gates of Paradise shall be open for you"—and he gave them a guide whose name was Sleep.

The modern mind, freed from the superstitions of the past, agrees with *Bottom*, in "Midsummer Night's Dream:" "Man is an ass if he goes about to expound his dream," yet, in all ages wise and good men have found comfort and, at times, instruction in dreams. To believe in them in the sense of using their symbolism as aids to better conduct is well, to study them psychologically in behalf of the little ones is a never-failing interest. A five-year old gave us the key to much that is perplexing in her character one day by telling a curious dream in a quaint fashion.

How early children learn to distinguish dreams from reality is a question, but it must be, in most cases, very early. But in the case of deaf and dumb children the reverse seems

true. In watching the mental development of a little deaf mute Indian boy I find it quite impossible to convince him that his dreams are not realities. On one occasion he came to my room in the night very much frightened and awakened me. He said in signs: "I saw negro come to my bed; negro very black, flat nose; negro said to me: 'I will kill you.' I run to you; send negro off." I tried in vain to explain that it was a dream, a bad dream, not real, but he insisted it was true, very true; he saw him; he was a sure enough negro. I would have liked, had it been possible, to make him understand that the dream was in consequence of the savage way he had felt toward a negro workman that day, and that his dream was a punishment. Plutarch says truly: "If even in your dreams you have no idea but what is right, it is a sign that virtue is deeply imbedded in you."

Take a sympathetic interest in everything which pertains to the growth of a child's mind, even to the extent of listening to and studying its dreams. Be sure you will be richly rewarded by an added power of comprehension of childish interests on your part and of congenial comradeship on that of the child.—*Belle P. Drury, Orleans, Ill.*

Don'ts and Dos
for the Baby.

—Do, first and foremost of all things, remember that the baby

has a right to be born of healthy parents, and that the father and mother who deliberately bring into the world a creature pre-natally mortgaged to disease are guilty of nothing short of a cruel and unpardonable sin.

Do, give this wee dependent the

care of a thoughtful, unselfish, intelligent mother, never forgetting his helplessness and your responsibility for his health and comfort.

Do not imagine that your time is more urgently needed for other things than baby-tending, and that your duty is done when a good nurse is provided. You may pay your social calls, take your trips, attend your meetings, your lectures, your plays, and do your embroidery, your painting, and such things—all these things you may do now, or you may put them all off for years and they will not spoil for the waiting. It is not so with the baby. Never again will he need the tender mother-love, the watchful care that he needs now. Put him off now, and when he grows up, verily, he will not come back to you. You will not be all in all to your boy unless you begin by being so to the baby. It is sweeter to hear a baby voice say "My Mamma," than to see your name dozens of times printed in fashion and literary papers.

Don't, if you love your baby, don't take him to lectures, to plays, to picnics, or even to hear the finest sermon that was ever preached. If you cannot possibly stay at home with him yourself, leave him at home with some trustworthy person, even if you have to impose the charge on some kind aunt or sister. If your own pleasure must come first with you, it is better to inconvenience grown people than your helpless babe. There is nothing more obnoxious to the little one than any kind of a public entertainment. The lights, noise and strange faces make him nervous and frightened. His only pleasures in life are eating,

sleeping and lying in his little nest of a crib, kicking and cooing and growing. Have you ever thought what a cruelty it is to take him away from this, dress him up fussily, and take him to church, there to sit through the long service in your lap—your stiff, prim, gros-grain lap? He looks around in solemn wonder at the sea of strange faces, and even mamma is strange with her perked-up bonnet and her frizzly bangs. No wonder outraged baby-nature gets the better of him at last, and he makes the welkin ring with his cries. Babies are a nuisance in public places, and public places are a nuisance to babies. In the face of these potent facts is it not strange that some women persist in taking infants into society?

Do keep your baby clean.

Do give him pure air at all times.

Do let him have a few spoonfuls of water several times a day.

Do not let every one kiss him.

Do not let any one jostle and shake and tickle him.

Do not keep him so warm that he cannot sleep. Babies, as a rule, are bundled up too much.

Do not neglect him, and then, when he cries for some needed attention, say that he is a "cross, bad-tempered little nuisance." A healthy baby seldom cries when his wants are properly filled, and a sickly one certainly has a perfect right to make life a burden to those who allowed it to become so.

Do act as if you expected your child to grow up a healthy being, every way, look hopefully into the future, and therefore

Do not worry needlessly.—Lela Willson-Barrett, Rusk, Tex.

Why Learn
What Must be
Unlearned?

—In the July number of *BABYHOOD* there is a most entertaining article upon "Teaching Children to go to

Sleep by Degrees."

We enjoyed reading it, as much for the ingenuity displayed by the mother as for any other reason. Yet I am impelled to speak of another way, lest any inexperienced mother may adopt a method which in the case of nine children out of ten would have proved an utter failure. This sounds unduly severe, but if poor Baby is to be taught what he must afterwards unlearn, then, indeed, he is in a most unfortunate school. As I understand the method referred to, the child is to be rocked in a hammock rather than in arms; but why rocked at all? Three little daughters have we, all of them handicapped from the first by difficult labor and instrumental delivery. Yet from the hour of birth they were made warm and comfortable and laid away often in another room. They did not cry—no child cries for what it knows nothing about. These children never having been rocked, know nothing about rocking, and go to sleep in the dark in three different rooms. The five year old, the three year old, and the baby of six months, each is laid into her own bed, and left to solitude and to sleep.

Solitude for grown people is good, for babies it is best, and the child who is regularly fed, and left to repose, will grow and thrive and smile upon the world, even to the extent of laughing and crowing with no companion and no playthings, other than its own fascinating little fingers and toes.—*I. I. L.*

NURSERY PASTIMES.

The Story of a Holiday.

"Into each life some rain must fall."

The Wise Man looked out of the window the evening before the Holiday, and observed that it would rain on the morrow. The Mistress of the Manse listened to this prognostication without alarm, for, though she considers the Wise Man the most astute person since Solomon's time, she has no confidence in his weather wisdom. So she said tranquilly: "Well, it won't spoil the Holiday; only transfer it from an outdoor excursion to indoor fun."

The Wise Man gasped a little as he exclaimed: "But it means seven lively children shut up all day, and what will we be when night comes?"

"If you are up at five to feed Baby," said the Mistress a little later, "and it rains, call me."

And so, obedient as well as wise, the father, armed with Baby and bottle, roused her at the hour named. "It pours so hard it might be pitch forks or cats and dogs, or dunder and blitzen," he said.

The Mistress of the Manse listened a moment. "Good-bye, excursion!" she exclaimed. "Now, my, dear, shut every blind, pull down every shade, and we all will sleep till eight o'clock, which, after our usual rising at half past five, is in itself a holiday. Then when we all are awake just see what a jolly day we will have in spite of the rain," and she hied away for a three hours' jaunt in dreamland.

The butcher, the baker, the grocer besieged the doors that morning, but all their rattling was in vain, and had

they been poetical enough they could have imagined themselves at the castle of the sleeping beauty, so still was the usually noisy house.

Promptly at eight the Mistress visited each little bed. "Come, chillens," she cried, "it's a lovely rainy day, and oh! I have such delightful plans for our amusement, so hasten in dressing and attending to your duties, and I will tell you about them."

Such a hurrying and scurrying, and such a clatter of tongues, while the busy mother dipped the baby, and the Wise Man stirred the fire, for the family were having a vacation from "hired help."

Such a sumptuous breakfast as there was after the "gallon" of oatmeal had been disposed of, and every one was so glad it rained, and there could be a home holiday.

"I tell you, children," said Number One, who, by virtue of his ten years of experience, leads, "let us wash all the dishes while Mother makes us some cake." The Mistress of the Manse agreed to this, and vanished in the pantry to concoct the dainty, while six active little folks put the dining room in fine order, and washed the dishes quickly and neatly. Sundry peeps at the cake were indulged in, and when fascinating lemon jumbles came from the oven, every one had to have a taste, and the ohs! and ahs! paid the Mistress for the trouble she had taken. Then all the older children went to the nursery to study the next day's lessons, and the little ones scampered in the garret until the few duties that only the Mistress

could attend to were performed, when all the family gathered around her for a two hours' enjoyment of "The Story of a Bad Boy."

The Mistress of the Manse knew that every one who had fingers as well as brains interested listened all the better, so to the two eldest she gave some pieces of an old table cloth to fringe into napkins for the tea tray, while the next two sorted and strung buttons, or held the baby, and the two little girls listened or trotted around, as they pleased.

What a jolly two hours it was! How they all entered into the Bad Boy's adventures, and laughed or held their breaths, or wept over his mishaps; even the Wise Man was sorry he had to go out to hold the hands of some old ladies, and say bright things to cheer them on such a gloomy day. When it was time, all but the two big boys helped get dinner. They had done their share when they prepared the vegetables, so they wrote a composition descriptive of a journey they took, in their minds, around the world, which was read at dessert for the edification of the family.

So many cooks, instead of spoiling the broth, produced an extra good dinner, and its crowning joy was

pickled peaches, and the dessert, after many discussions, was voted to be chocolate and the delicious, melt-in-your-mouth lemon jumbles. The table was decorated with buttercups, and the Wise Man made them all very merry by appearing, absent-mindedly, with a large, black streak across his face that laid him open to the insinuation that he had been kissing the cook. "And mother's the cook," giggled some one of the flock in high glee.

After such a "spread" the children felt much enlivened, and the dishes were washed and put away in so short a time one hardly realized there were nine people to wash for; and not one dish was broken, the mistress was pleased to observe. With everything in order all played games, and sang college songs with the Wise Man, until he said he knew how Samson must have felt when he made sport for the Philistines.

"Such a pleasant holiday!" said they all, with the good-night kisses. "Wasn't it fortunate it rained," and the Wise Man and the Mistress of the Manse looked at each other and smiled, as they said softly, "How little it takes to make the dear children happy!"

MARY HEDLEY SCUDDER.



NURSERY PROBLEMS.

The Supposed Need of Long Clothes; the Height of a New-Born.*To the Editor of BABYHOOD :*

(1.) My home is in the southern clime. I expect a new arrival at our home in August or September. Now, it seems to me that there should be no long clothes made, as the child would so soon have to be put in short clothes anyway and our winters are not severe. What length should I make the clothes, so as to be all right for the child when it needs short clothes? Are there any objections, except fashion, to that way of making clothes?

(2.) What is the average height of a new-born babe?

AN INTERESTED SUBSCRIBER.

Hillsboro, Texas.

There is no reason for long clothes, except to keep the feet of the child warm. Having before birth been surrounded by the body of the mother at a temperature not far from 100 degrees F. they naturally have some difficulty in keeping up their bodily heat when removed to surroundings considerably lower in temperature. This difficulty is enhanced by the fact that the smaller the body the greater the ratio of surface to mass. So the child's feet and limbs must be especially carefully guarded until it is used to its surroundings, but it need not be with long clothes if the mother will take pains that they are properly protected in some other way. Wraps are so easily displaced that they are a nuisance. Except for looks, we think the best thing is a wide flannel bag with a shir-string. Into this the limbs and petticoats can be placed, and the string drawn sufficiently to keep it in place around the waist, or it may be pinned in place. The outside skirt or slip can then be

pulled down over all for appearance's sake.

(2.) The average length of a new-born child is about 21 inches, but it is some time before it straightens itself out to its full length. It rapidly gains in length as in weight.

Excessive Flow of Milk; Treatment of the Nipples Before Confinement.*To the Editor of BABYHOOD :*

Is there anything that will increase the capacity of the breast? I have been greatly troubled with an over-quantity of milk for the first month after confinement and an inability to get rid of it. After giving Baby all he can take, I have to pump for hours, and with great trouble and pain succeed in reducing the quantity. Can you recommend a breast-pump? Please suggest a plan for treating the nipples before confinement, as I have been troubled with very sore nipples, which finally cracked with my last baby.

I cannot draw milk with any kind of a shield, although I have used about a dozen.

S. D.

If by increase of capacity you mean such an increase of containing capacity that a greater amount of milk may be stored up without discomfort, we doubt if anything can be done. The breast, like all other organs, has a certain power of development to meet requirements, but we do not believe that anything can be artificially done to further the development. The natural distention will accomplish all that can be done. The amount of milk taken by a child at a suckling is not usually all in the breast at the moment the child is put to the breast, a certain part seems to come in during the suckling if the sensations of nursing women are to be depended upon. The amount of milk secreted, however, when be-

yond the requirements or consuming power of the child, may sometimes be diminished by limiting the amount of liquid taken by the mother, either as drink or food.

There are many kinds of breast-pump, all essentially similar. In choosing get one as uncomplicated as possible.

The plan of treatment of nipples before confinement which we have most used and which has been satisfactory is this: Daily (or oftener) for some weeks before delivery, pull out the nipple so that the child could easily get

hold of it with the lips, and also cleanse it thoroughly and wash it with a solution of alum and alcohol, say a teaspoonful of the powder to four tablespoonfuls of alcohol. This hardens and toughens the nipple. After the baby comes, the nipple should be washed in a weak solution of borax or boric acid both before and after each nursing, which prevents the irritating fermentation around the nipple of the residuum of milk and the secretions of the baby's mouth. Here, if anywhere, an ounce of prevention is worth a pound of cure.



HOUSEHOLD NOTES.

Rest Versus
Pills.

—More than half of a home-keeping woman's time is spent in worrying,

and a good share of the other half in preparing food, as though the stomach were the immortal part of us. Take one-quarter of the time a woman devotes to making pies, preparing puddings, putting up preserves, icing cakes and frying doughnuts, and let her devote it to rest and recreation, and she would not look like a shred of parchment paper at forty. It is the non-essentials that kill us. We must learn to simplify before we can escape the doom of premature age. Nature never intended us to live as we do. If she meant us to eat puff pastry, she would have grown it on some of her trees. She has provided simple food, in the shape of cereals, fruits and vegetables, and if we conformed ourselves more closely

to her established order of diet, we should be a happier and hardier race. The only thing that is ever going to solve the domestic problem is simplification, and the sooner we begin to simplify, both in the manner of our living and what we expect of those who serve us, the better it will be for mistress and maid. We talk much of the good and faithful servants of two or three generations ago. Did our great-grandmothers require their meals served in several courses and an extra plate for everything, from bread and butter through to sauce and cheese? A dinner of fifty years ago was served all in one course, and the mistress helped both in the serving and the removal. Now she sits with her toe on an electric bell under the table, and requires as complete a paraphernalia of service as appertains to the house of a grand duke.—*Chicago Journal.*

In
Canning-Time.

—It may be news to
some young house-
wife that boiling
fruit may be poured

into a jar without the slightest danger
to the glass if only it be set on a fold-
ed cloth which has been wet with cold
water.

The old custom of using a silver
spoon as a conductor for the heat pre-
vails in many households still, but the
wet cloth is simpler. The filling of
jars may be greatly expedited by the
use of a grocer's funnel, and a small
milk-dipper is the best thing for ladling
out the hot fruit or syrup. The use
of such little conveniences renders
canning much less fatiguing, and, in-
deed, it is a process not without inter-
est where success usually results.

The best and easiest way to cover
jellies is to pour melted paraffine over
them when they are quite cold. This
hardens at once, when a piece of brown
paper may be tied over the glass to
keep out the dust.

The cake of paraffine may be easily
lifted off when the jelly is used, and if
washed and put away can be melted
over again to serve the same purpose
another year.

Paraffine is a clear white wax which
is absolutely tasteless, and this method
of treating jellies has been tried many
times by the writer, who recommends
it unhesitatingly.

Its use was first suggested by a
chemist, who once saw his wife labori-
ously cutting little rounds of white
paper and dipping them in brandy for
the tops of her jellies. One trial was
sufficient to prove its value as a time-
saver, and she did not hesitate to

publish her discovery for the benefit
of others.—*Harper's Bazar*.

Washing Fruit.

—Cleanliness may
be next to godliness
in life, but it goes a

long way further than the profound-
est piety in all things gastronomic.

There seems to be a popular preju-
dice against washing fruit. First-
class hotels put upon their tables
oranges that are covered with black
specks, with the precise nature of
which the public is doubtless un-
acquainted. These specks are the
shells of small insects that feed upon
fruit and vegetables, and should
always be removed. Drop the fruit
into a pan of water an hour or so be-
fore it is to be eaten, and let it remain
for some minutes. Then with a small,
rather stiff brush, scrub the fruit
thoroughly and set it away in a cool
place. When required for the table it
will be fresh and crisp and will have
almost the same appearance as if gath-
ered in the morning while the dew is
on, which is, as all epicures will
admit, the most perfect condition in
which fruit can be served.

Apples should be thoroughly washed
before they are sent to the table. It
is not unusual to see either of the
fruits mentioned served in such a way
as to offend a delicate taste rather
than add to the relish of a meal.—*Food*.

How To
Sleep.

—That the amount of
sleep required by differ-
ent individuals is de-
cidedly different, has almost passed
into an axiom. Persons who are very
energetic naturally require a great

deal of sleep, and children and young people who are growing require at least nine or ten hours of sleep. Invalids or people advanced in life should sleep as long as they can, as there is no restorer of tired Nature like sleep. To get a refreshing sleep, the brain must cease to act. It would be curious to trace how many cases of irritability, or of functional disease of the nerves, are due to lack of proper sleep. Little children should literally go to bed with the chickens. They should have an early supper at half-past five, and be put to bed directly after. This should be kept up until the child is seven or eight years old when the bedtime hour may be changed from five o'clock till seven. A growing girl should certainly go to bed as early as eight o'clock. The old Norman law which commanded.

that all fires should be covered and lights put out at the ringing of the curfew bell, though looked upon as a tyrannical measure, was from a hygienic point of view a wise one. Considerable harm has been done by arbitrary rules in the matter of sleep. The fact that Napoleon was able to exist with six hours' sleep, if it were true, proves nothing but his exceptional endurance. It is said that General Grant once said that he could do nothing without nine hours' sleep.

There has been considerable discussion as to what is the best position in sleep. Most physicians will say you should lie on the right side, but no definite directions can be given. A weakness of the lungs may cause the sleeper to rest more comfortably on the left side. Again, in depressing illness the patient usually lies flat on



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his back, and this position seems, in general, to contribute the greatest amount of rest of the muscles, yet few people would find it a comfortable one. A position which has been advocated with considerable show of reason, is that of lying partly on the face. Probably no healthful person sleeps altogether in either one of them, but varies his position during his resting hours.

The best bed coverings are light woolen blankets. The impervious cotton counterpanes so much used are the most unwholesome of any covering. A hair mattress is conceded now to be the very best bed, and a good hair bolster is the most wholesome head rest. Sleeping with a number of pillows under the head is certainly

injurious, as it tends to raise the head into a cramped, unnatural position. The fashion of double beds is one greatly to be deprecated, and two single beds placed side by side, are taking their places in many cases. So high an authority as the *Lancet* says, in discussing the question: "Nothing will derange the nervous system of a person who is eliminative in nervous force as to lie all night in bed with another who is absorbent of nervous force. The latter will sleep soundly all night and arise refreshed in the morning, while the former will toss restlessly, and awake in the morning fretful, peevish, faint-hearted and discouraged. No two persons, no matter who they are, should habitually sleep together."—*The Family Doctor*.

FEED THEM PROPERLY



and feed them carefully; reduce the painfully large percentage of infant mortality. Thousands of little ones are lost each year by diseases directly traceable to wrong feeding, and the majority of them from impure milk. Take no chances in this very important matter. The

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Unsuspected Dangers. —A common cause of blood-poisoning was recently quoted by a doctor at one of the Berlin hospitals, to which institution a seamstress was admitted suffering from blood-poisoning, caused by using a common metal thimble when she had a slight scratch on her finger. On examination, the thimble was found to have two or three small spots of verdigris inside. Commenting on this, the *Lancet* says: "Steel thimbles are much safer and cost very little. Another variety in common use is enameled within, and is, if possible, freer from objection." Let us not forget to add a caution that cuts or scratches on the hand should never be neglected by sewing

women as long as dyes continue to be used in cloth manufacture.

A curious case came under my notice lately, which, I think, is of value. A children's party and Christmas tree resulted in most of the little people, and many of the older ones, being seized with symptoms of mineral poisoning. The fact of several who were present who had not partaken of food or liquid of any kind being in the number of those affected, directed my attention to the colored candles on the tree. These I had examined by the county analyst, Mr. Lowe, of Chester, whose report is to the effect that the green candles were colored with arsenical green, to the extent that every eight candles would contain one grain

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of arsenious anhydride. He further reports that the red candles were colored with vermilion. There is no doubt, therefore, that we had not further to seek for an explanation of the symptoms—a crowded room, with the atmosphere charged with arsenical and mercurial fumes sufficiently accounting for it.

The danger through arsenical poisoning in our homes is not confined to the wall papers, having been found often present in cretonnes and imitation Indian muslins in poisonous quantities. A bad specimen of cretonne has yielded on analysis nineteen and a half grains of white arsenic, two and one half grains having been known to

be a fatal dose. Some months back a London doctor experimented upon forty-four samples of cretonne supplied by a local tradesman, not one of which was absolutely free from the poison; eleven of them were grouped by the analyst as "very bad," and nine as "distinctly dangerous." It is quite a common occurrence to have pieces of these substances in a room containing sufficient arsenic to give one hundred people a fatal dose.

A very popular impression has been that greens and blues are the dangerous colors, but the analyst declares that reds, browns and blacks are the more dangerous still.—*Chambers' Journal*.

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WHAT TO DO WHEN CHILDREN SWALLOW HURT- FUL THINGS.

I.

BY A. K. BOND, M. D.

Lecturer on Diseases of Children in the Baltimore Medical College.



AMONG the wonderful mechanical devices in the structure of the human body which have down the ages filled the minds of devout physicians with admiration of the wisdom and skill of the Creator, none is more admirable than that which is concerned in the act of swallowing. Every mouthful of food, every drink of water must, on its way to the stomach, pass directly over the entrance to the windpipe; and this passage to the windpipe, which ordinarily stands wide open to allow air to enter and leave the lungs, must at every act of swallowing be closed by its little trap-door—the epiglottis—so quickly and so exactly that not a particle of the food, not a droplet of the water which slides down upon and over this trap-door may enter the exquisitely delicate and sensitive windpipe.

Ordinarily, when the tongue has pushed the substance to be swallowed backward toward the gullet, the windpipe rises toward the epiglottis, the epiglottis shuts tightly down over the mouth of the windpipe, and the food

slips swiftly downward into the stomach. Sometimes, however, the little trap-door is not quick enough in closing or leaves a little crack open, and a bit of food or a drop of liquid gets through the doorway into the windpipe. The same thing happens when some one at the dinner table says a very funny thing just as we are in the act of swallowing. We attempt to laugh, and in doing so, throw wide open the trap-door, and “it all goes down the wrong way.”

But the wisdom which framed the human body and adapted each part to the duties expected of it has, still more wonderfully, provided for ordinary accidents such as that just described. If the windpipe were a simple, unobstructed tube from the epiglottis to the lungs it is questionable whether any human being would reach middle life; for we would all perish by suffocation or by pneumonia from accidentally swallowing things the wrong way. But the windpipe is so fashioned at its upper part that substances which accidentally slip through the doorway of the

epiglottis may ordinarily be arrested and expelled before they have gone far enough down to do any serious damage. Just below the epiglottis, for an inch or more, the windpipe widens out into a moderately spacious chamber known to physicians as the larynx, and to the public as the "Adam's apple." This chamber is guarded below by the tough vocal cords, which, like horizontal "folding doors," are continually moving away from each other and opening, or toward each other and closing, the passage into the lower part of the windpipe, lying far apart in breathing, coming more closely together in speaking or coughing. In many cases, therefore, when a substance has slipped through the trap-door of the epiglottis the vocal chords instantly close below it and it is expelled by little hurricanes of air in coughing.

It is evident then that the "hurtful thing" swallowed by a child may take one or other of two different ways after it leaves the mouth—either down the gullet toward the stomach, or through the trap-door of the epiglottis toward the lungs—and the treatment is so different in the two cases that we must discuss them under two separate headings: "down the right way," that is, down the gullet, and "down the wrong way," that is, into the windpipe.

Down the Right Way.

If the substance swallowed is a *solid* and is not dissolved at all by the juices of the digestive canal, then the amount of harm which it will do depends upon its size and shape. A roundish body, such as a marble, a cherry seed or a button, small enough

to slip easily down into the stomach, will do no harm to a healthy child, but will pass through the rest of the digestive canal without difficulty. Those patients in whom such substances become stuck tight and produce ulceration at the part known as the "blind end of the bowel," or the "appendix" have probably had a disease of this part before the substance was swallowed.

The substance may be so large that it sticks in the gullet and chokes the child. By pressure upon the windpipe in front of it, it may cause symptoms of suffocation, the patient being unable to get breath and turning blue in the face. In such an emergency a thoughtful mother will either turn the child upside down and strike him quickly between the shoulders in the hope that the substance will thus be dislodged and fall into the mouth; or she will run her finger back into the throat, where the substance can usually be felt wedged tightly into the upper part of the gullet, and hook it out, or if that is not possible, push it so far down into the gullet that it no longer presses upon the larynx and causes suffocation.

If the thing swallowed is pointed or has sharp edges it may, of course, do much more damage after reaching the stomach than in the former case. Needles and pins, being familiar articles in the home are not infrequently swallowed; but considering the number of instances in which they are swallowed they do astonishingly little harm. In most cases of this nature brought to the physician the child is reported to have swallowed the needle or pin some hours or days before.

A careful examination of the throat and larynx fails to reveal the offending object, and although some irritation of the parts is left for a day or two by the scratching as it went down and by the efforts to find it, the whole matter is soon forgotten. Years afterwards, in some cases, the pin or needle is discharged in an abscess or works its way with but slight irritation to the surface of the body. In most instances, however, the object is in a few days passed safely out by the bowels without the knowledge of the patient. When things with sharp edges, as bits of glass or china, are swallowed, there is much more cause for alarm, since they may cut the walls of the digestive tract, causing hæmorrhage; or if caught in some fold or corner they may cause dangerous ulceration. In all such cases, it used to be the custom to give castor oil in large doses to hurry the fragments out of the bowels; but recent writers advise that articles of food be given which will cling about the fragments and so protect the bowel walls as the whole mass moves downward. Potatoes are thought to be best for this purpose; so the child which has swallowed a bit of glass, for instance, is to be fed on potatoes, boiled, mashed, fried, baked, in any and every form, for two or three days until the fragment appears in the stools. With this diet, frequent injections of water into the bowels with a syringe would best secure prompt evacuation, without producing thin and watery stools.

Before entering upon the discussion of the swallowing of *liquids* which are hurtful, we are impelled to dwell for a

moment upon the thought that prevention is much better than cure; for nowhere is the superiority of prevention shown than here. "Eternal vigilance is the price of safety," but even eternal watchfulness on the part of the mother is hardly sufficient to protect against the still more "eternal" activity and enterprise and inquisitiveness of some youngsters. Certain rules, however, will aid the mother in protecting her children against injurious liquids. One is, to keep all hurtful liquids *locked up*. Another is, to *look at the labels* of all medicines before giving them; and if the medicine is not labeled, to throw it at once into the slop jar. These two rules of life do not demand the highest genius on the part of the mother, but simply a little common sense and forethought. In practice the writer positively refuses to have medicines given from old unlabeled packages and bottles which the mother "thinks is the right medicine" or "is positive is the same she used last year; but she gave the box to the baby and he tore or licked the label off." And he positively refuses also to decide by the taste or smell whether the medicine is the right one. It is to be hoped that this little sermon from the writer will lead to the purchase by the reader of a cheap *locked* cupboard, placed high up on the wall, into which all hurtful liquids shall be put in future; and to a thorough cleaning out and destruction of all old medicine bottles and packages of uncertain contents at once; and to a solemn vow by the mother that in future she will not only "look before she leaps," but 'look before she *doses*.'

"Hurtful liquids" may be placed in two groups—those which are not caustic, and those which are caustic. In case a substance has been swallowed which is not caustic the duty of the mother is usually very clear and simple, that is, to empty the stomach as soon as possible. A finger passed far down the throat with moderate pressure over the pit of the stomach will sometimes produce vomiting, but whether this succeeds or fails an emetic must be given as soon as possible. The emetic most likely to be at hand is mustard. Of the ordinary ground mustard, full strength, a heaping teaspoonful must be mixed in half a teacupful of water—best lukewarm—and the child must be compelled to drink it all at once. Then cupful after cupful of lukewarm water must be given, the finger being passed down the throat from time to time to encourage the emetic action of the mustard. If vomiting does not take place in fifteen minutes, a second dose of the emetic must be given in the same way. Mustard is a perfectly safe and rather stimulating emetic. If it is not within reach, or if it fails to act, powdered alum may be used; a teaspoonful in a tablespoonful of water will often produce quick and

satisfactory vomiting. The syrup of ipecac is often kept in the house for colds and croup. A tablespoonful of it may be given instead of the alum or mustard, but it is rather slow in its action. It will act better and more quickly if a teaspoonful of powdered alum is mixed with it.

Sometimes a child cannot be induced to vomit by any of these means. In such cases the physician, who, of course, has been early summoned, will use a stomach pump. After the poison has been thrown up, the stomach should be cleansed as thoroughly as possible by repeated draughts of tepid water. and repeated vomiting produced by passing the finger back into the throat. If some time has elapsed since the child swallowed the hurtful substance, and it is likely that the substance has passed in part into the bowels, then a little while after the stomach has been emptied a good dose of castor oil should be given. This will carry off anything that is in the bowels. Sometimes it will vomit first and purge afterwards, thus doing double service. Under no circumstances should an emetic and an injection of water into the bowels be given at the same time, for if they are given together and act at once the child may go into collapse.



FOOD VALUES.

BY MARIA M. VINTON, A. M., M. D., NEW YORK.



TRULY nutritious diet is a very important thing to all persons, young and old. I think that it will help us in securing this diet to have some more accurate knowledge of the composition of the various classes of food, and their uses in the body. The study of the chemistry and physiology of foods and digestion has become one of the most important divisions of medical work. Foods of all kinds have been analyzed and classified according to their constituents; and the uses of these various constituents in the human body have been sought out, so that now we understand pretty well what we should eat to live healthily.

We have divided all the different kinds of foods into three main classes: 1. The proteids or albumens. 2. The carbohydrates. 3. The fats. By the proteids we mean all animal foods, and some parts of the vegetable kingdom; but in general the name stands for all the meats. In this class come beef, mutton, lamb, veal, poultry, game, fish, oysters, eggs, milk and cheese. All these have the same office in the body when eaten and digested. They produce physical strength; they build up the different parts and tissues of the body; they aid growth in the child; they make the ferments that digest the food in the stomach and bowels, and they compensate for the wear and tear of every day life and of disease. The body is constantly changing, some parts are daily wearing out and being renewed, and for

this renewal it is necessary to supply material. This is done by the proteids. The supply of repair material is much more needed in disease than in health. The tissues of the body are broken down and burned up by fever and by the poison of disease, and these parts must be renewed and built up daily in order to aid recovery. It is to the proteids that we must turn for these materials of repair.

In severe acute diseases it is these upon which we depend to give resistance against the power of the disease, and to bring the patient back to health and strength again after the power of the destroyer is broken. We use these foods not only because they contain the strength-producing elements, but also because the enfeebled stomach digests them more easily than the vegetable foods.

Milk, perhaps, you have not regarded as an animal food, but among the proteids it belongs. It affords the simplest kind of animal diet and yields the largest amount of constructive material with the least expenditure of vital force, because it is so easily digestible that all normal stomachs, and most diseased ones, can assimilate it. This is the reason why human milk is the best food for babies, and cows' milk the best substitute for it, when a substitute is necessary, either in early life or after weaning, and why we depend so much upon it in sickness. Eggs give one of the purest forms of albumen, or proteid, and consequently they have great nutritive value. To be easily digested they

should be beaten up so as to separate the particles of egg, because the stomach juices cannot easily penetrate the viscid mass of the egg, or should be boiled so as to be easily broken up. When athletes are training for a contest they use a diet that consists in great part of rare meat, because this gives them strength without fat. So if we wish the little ones to be strong we must use as an important part of their diet some form of animal food; milk and meat soups for the younger ones, or eggs and fresh meats for those older.

The carbohydrates were so named because they contain much of the substances carbon and hydrogen. Carbon, which forms the most of coal and wood which we burn to heat our houses, and run our manufactories, forms a great part of our bread and vegetable, and after being eaten it is burned up, or oxidized, in our bodies to make the heat which helps us to digest our food, and stimulates our nerves to action, to the giving out of the energy required in daily life.

The carbohydrates or starches and sugars include all the different kinds of bread and cakes, biscuits and crackers, and cereals, and all the different kinds of sugar containing sweets, and preserves, and pastries. This class includes, too, most of the fruits, which are made up of starches and sugar mainly, though some of them contain vegetable proteids.

The class of fats includes also butter, cream and the fat of the various meats. These also act to make heat and energy, so that the carbohydrates and fats act much alike. Important as these vegetable compounds are to

our diet, men cannot live on them alone. Eating vegetables and bread alone makes plenty of fat and a plump child, but one that has no strength, and in the end wastes and grows weak, unless other things are added to the diet. Then too, starch and sweet foods are not so easy for the stomach to digest, and this is why the body foods containing starch so often fail and result in the actual starvation of the baby. They contain few of the elements of growth and the building up of the body that a growing child must have.

Again, these vegetable foods, if used in excess or exclusively, in the end destroy the power of digestion. They do not furnish the materials that produce the digestive juices, and for that reason the food ferments and makes actual poisons, which are taken up by the blood and carried to all parts of the body, producing a general poisoning. Dr. Wm. H. Porter says, "The excessive preponderance of carbohydrates in vegetables and cereals is one of the most persistent and subtle causes of infant mortality and a predisposition to consumption."

The lesson that I am trying to teach is the old familiar one, that a mixed diet of meats, vegetables, fruits and milk, varied according to the age of the child, and without the excessive use of cakes, preserves and candies, is the best one on which to bring up young children.

Now, for a few special points about foods. A lady said to me the other day, "Is it not the meats that make the bones hard? and is not that why the women of vegetable-eating races bear their children with less pain than

we do, because the child's head is softer?" That is what set me to thinking of writing about the foods. For it is not meat that gives the hardness to the bones; though it builds up all the other tissues except the fat, it has no part in giving strength and hardness to the bones. It is the phosphate of lime that comes from the grains that makes the bones hard and stiff. So my friend was wrong in her supposition.

Some people suppose that the reason why the European peasant is so strong is because he eats rye bread instead of wheat bread; but we find that rye contains a smaller proportion of nourishing elements than wheat does.

Oatmeal, which has been thought so healthy because the hardy Scotch were brought up on it, is not nearly so easily digestible for many children and adults as the finer wheat preparations that are now made. Beef tea, which has been said to be only a stimulant, if made at home, by soaking the cut meat for two or three hours in cold water, and then boiling slowly for half an hour, and pressing the juice from the meat before removing it, has been found by analysis to contain as much nutriment as milk.

Another much discussed question is the value of alcoholic stimulants in sickness. The reason why they are of use in severe sickness is this: As I have said, one of the most important uses of the food is to produce the heat in the body, which is necessary in carrying on the vital processes. In disease often food cannot be digested which will produce the heat. Diluted alcohol, such as is found in

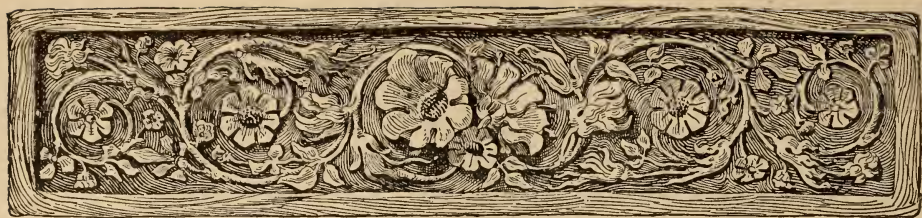
whiskey, brandy and wines, requires no digestion, but is at once taken up by the stomach and made into heat which helps digestion, and thus it becomes a great factor in prolonging and saving life in acute diseases. If used only in this way, where ordinary food cannot be used, there is no danger of producing a drink habit.

Common salt that is used daily in our food is needed in the body. It aids digestion and the assimilation of the food and helps in the composition of many of the tissues. Animals crave it and will travel long distances to get it. So we need not be afraid to flavor a sick person's food with it, or to give a child as much as he desires of it. Perhaps some readers will ask what proportions in the diet the various kinds of food should bear to one another. In answer I give the table from Foster's *Physiology*:

Proteids,	.	.	.	100
Fats,	.	.	.	100
Carbohydrates,	.	.	.	240
Water,	.	.	.	2,600

Water, then, needs to be used in quite large quantities, either in the food or with it, to satisfy the needs of the body. Unless directed to the contrary by your physician, you may always allow a child, whether sick or well, as much pure water as he desires, and remember that you are helping him to carry on the necessary work of the body.

It will be seen that I have given no place to tea and coffee; and they have no legitimate place in a child's diet, since they are pure stimulants and a normal child needs no stimulants other than nourishing food.



IN SCHOOL DAYS.

BY NELLIE CLARKE BROWN.

THERE comes to every mother a day when her baby—a baby no longer—goes out from her loving care, and for a few hours each day enters into the new life of the schoolroom.

The wise mother is prepared for this change. She feels a natural pang at the thought that now another shares with her the training of her boy; but she determines that she and the teacher must work in unison for the best good of the child. To do this she must know the teacher. On that first day she perhaps goes to the school-room with her boy, proud in the possession of his new slate and wonderfully long pencil. She shows her pleasure in knowing the teacher, and this in itself gives confidence and a home feeling to the child.

Our wise mother knows her son's little faults and failings, but in her wisdom she does not reveal them to this new friend, his teacher. She is not like the mother who, holding her boy by the hand, related to his new teacher all his faults—what a bad boy he was, how much trouble he always gave his teacher, that she could not make him mind, how often he played truant, that as a last resort she had promised him a watch if he would not run away this year. That mother did more to

hurt her boy's character than did all the wrong things of which she accused him. She ruined his self-respect and his confidence in his teacher. She put it forever out of their power to begin their acquaintance fairly. That boy could never feel that his teacher was not prejudiced by what his mother had told her; nor could she ever forget that he knew she was aware of his shortcomings. He may have resolved, perhaps very earnestly, to do his best in this new school. Probably he hadn't, but if he had, (and there is always that *if*), his mother killed that resolve and sent him back to his old level. How many mothers do this and will continue to do it until they learn the great principles of motherhood!

Our wise mother knows this. She knows how much better it is for a teacher to find out her pupils for herself, and that it does not take her long to do it. Sometimes there is something concerning her boy that a mother feels the teacher must know. Perhaps it is a mental or physical infirmity. When this is the case she wisely makes her call when the boy is not present or sends a little note containing the necessary information.

Every time we make a new acquaintance or enter a new mode of life we, perhaps unconsciously, resolve to be-

gin over again, to aim higher and attain greater results. But if all our former sins and delinquencies are brought forth and aired for the benefit of our new acquaintances and surroundings, how many of us could live up to our new resolves?

Our wise mother does not allow her child to speak disrespectfully about his teacher. She knows that even if the teacher be not perfection (and none of us are), it does not improve matters in the least for her pupils to speak slightly of her, and it injures them. She always speaks well of her in the child's presence and insists on his doing the same.

Too often on the school play-ground the child learns those things it were best for him not to know for years to come, and sometimes great evil results—bad habits and a bad train of thought are begun. Recently, in a primary school a dainty little girl, fair and innocent to look at, was the ring-leader in a course of naughtiness that brought dismay upon both teacher and parents. This child's mother afterwards wisely told her candidly of those things which had taken such a hold upon her imagination. It is only by bringing up her child in the closest sympathy with herself and leading him to tell mother everything that this can be avoided. The child who has no secrets from mother, but finds her a willing and sympathetic confidant will not go far wrong.

All mothers are not like our wise one. For them we must say—going over to another topic—always see that your child is provided with the required material for his work.

Remember that the school authorities have made it a business to know what it is best and right for him to have, and that lack of proper material will create a delay and confusion in a schoolroom and hinder your child's progress. The entire class cannot lose a lesson because your boy is not prepared to do his work, and borrowing is bad—bad for the boy and bad for the school. A borrowing boy is apt to grow up to be a careless, borrowing man. If for some reason it is impossible for Harry to have his material, write a note stating the fact and circumstances to his teacher. It will save her time and worry, and as she will not have to ask Harry why he is unprovided, it will save his self respect. Children will frequently remain away from school rather than tell that they are not prepared with a book or pencil.

Our wise mother does not offer her son rewards for well doing in school. She teaches him to do his best because it is right. She doesn't promise him a watch or a pony if he doesn't fail in his lessons for a month. If she did he would immediately lose the right aim for which he should strive. If he is doing satisfactory work and she is pleased with him, she gets him his pony and tells him how glad she is he is doing so well. She always praises him when he deserves it, but her gift is a surprise, never a bribe. Above all she doesn't promise him a reward if he gets more perfect marks than his neighbor. That, she knows, is the worst of all schoolroom bribery.

Neither does she punish him for his failure to get a sufficient number of perfect marks, nor because his neighbor got more. In her wisdom

she knows her child may have tried harder and more faithfully, but he may not be so quick and apt as his seat-mate, and he may have a nervous disposition instead of the sedate one that makes it so easy for his neighbor to be good. If he is slow she never compares his progress with that of his neighbor. She always judges him by his own achievements. When he has done his best and is happy to have accomplished so much, she never tells him his work is not so good as Fred's. This she knows would discourage him and cause him to lose a confidence in himself that he might never regain. Neither, above all things, does she laugh at his efforts. Ridicule is cruel.

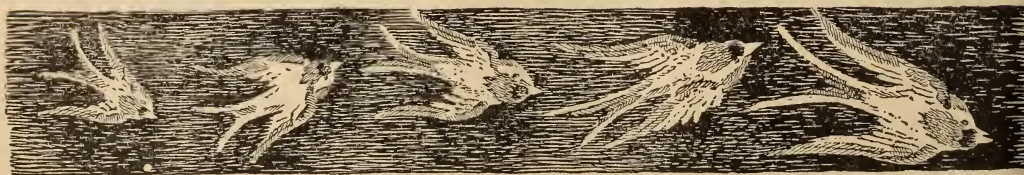
Never, unless it is absolutely unavoidable, does our wise mother allow her boy to be absent or tardy. She will, of course, see that he benefits by all opportunities for travel and lecture, knowing that this is in itself an education, but she does not allow him to get into the habit of making his school a secondary consideration. She knows the trouble and extra work absence and tardiness make for the teacher, the loss in work they are to the pupil, and, greater than, all the harm done to a child's character by getting into habits of unpunctuality. This shiftless habit

will follow him throughout his life.

And this wise mother of ours realizes that her whole duty is not to her son. She owes something to the teacher. She gives her the credit for knowing something besides school, for being able to talk of something besides shop. She knows from her very ability to teach that she is probably better prepared to talk on the topics of the day or many another subject than she is herself.

Neither does she call upon her to defend the "system" of the school—the plans laid out by the school board and superintendent, a system that she knows vastly more about than those not workers under that system, but that she does not feel the inclination or see the wisdom of discussing. Still less does our mother lay the sins and delinquencies of other teachers on the shoulders of this one. A feeling of sisterhood and a desire to keep fair the fame of an institution of which she is a part will cause a teacher to defend the least successful of her co-workers, but she doesn't like to have to do it.

Knowing this, this wise mother, of whom we have said so much, sees no more necessity of talking school to the teacher than of talking drugs to the druggist, or tin pans and stoves to the hardware merchant.



NURSERY HELPS AND NOVELTIES.

A Simple Cure for Bed-Wetting.

We have just had what seems to us a rather peculiar experience with our baby girl, and decided to write of it to you in order that you might perhaps help other BABYHOOD mothers who come to you for advice.

Our little girl, now nearly four years old, has had the bad habit of bed-wetting. Three and four times a night it has been necessary to entirely change the bed clothes. Wearing diapers seemed to make matters even worse, the diaper was always damp. We always took her up several times in the course of the night, but it seemed to make no difference. At last we consulted the family physician, who said it was simply a habit which was becoming a vicious one. Under his direction we began giving her doses of belladonna, beginning with one drop, increasing a drop each night to ten drops and continuing that dose for a week. He also said that the child's sleeping on her back was one of the principal causes of the trouble, and we also found the same idea in an article in your magazine.

This dosing had very little effect, it lowered her record to once or twice a night, but that was all. The doctor ordered much larger doses of the drug, but we determined to try an idea of her father's first. We bought a light rubber ball, 20 inches in circumference. A piece of light muslin just large enough to stretch across the little shoulders, about 7x9 inches, was taken, a much larger piece was

cut, gathered in the centers of the four sides and then stitched to the first piece, thus making a little slip or case for the ball. Every night our little pilgrim had this light pack pinned to her shoulders. We noticed a benefit at once. Being unable to sleep on her back, within a few days her trouble ceased entirely. The ball has also cured another bad habit, that of mouth breathing. As she lies quietly on her side or stomach, her lower jaw remains closed and she breathes quietly through her nose.

We feel so happy over our success without the use of drugs that I wish other mothers would try our simple invention.
A. R. G.

The Care of Rubber Nipples.

In the July number of BABYHOOD I see an appeal for an article on nipples. I have learned much on this subject in the past few months and should be glad if the experience gained could be of use to others.

When my baby was three weeks of age the doctor ordered that he be given the bottle. It never occurred to us that nipples just bought would not be all ready for use, so my poor baby sucked nearly an hour to secure one of his first feedings; after a long time elapsed we examined the nipple and found it had no opening at all. At first, when the holes were too small, we cut or pricked them with a pin. This was very unsatisfactory, as it made holes of indefinite size and ragged openings, liable to retain impurities. I have since learned that the best way to en-

large a hole is to heat a hat pin red hot and puncture the nipple with this. A clear, clean hole is thus obtained, but if the hat pin is pushed in much beyond its point, it will make the opening dangerously large. A nipple with too large a hole should be at once discarded, for it may strangle the baby or cause severe indigestion.

I think my system of caring for nipples is now about as perfect as possible. I keep on hand a sufficient number of nipples to have a separate one for each feeding. In the morning each nipple is turned and scrubbed on both sides with strong borax water, the borax then rinsed off and the nipples boiled for 15 or 20 minutes. They are again rinsed to get off any deposit made by the boiling water and dropped in a bowl of borax water. Then, at each feeding, it is necessary only to rinse off the borax, and the nipple is ready for use. After a feeding, we again rinse the nipple in cold water and drop in a vessel of borax water prepared for soiled nipples, where they remain till the morning cleansing. Boiling kills all possible impurities and at the same time hardens the nipple so that it lasts longer without collapsing. We turn our nipples over the end of a pencil with a rubber and the rubber prevents the tearing of nipples in turning. By using such a pencil nipples of any shape or size can be turned with ease. To rub the nipples I use a stiff new tooth brush.

Nipples usually become useless in about a month, either collapsing or having the holes worn so large that the milk comes too fast. I abandon a nipple when it takes my boy less than

ten minutes, or more than twenty, to secure the contents of his bottle.

When my baby was very young I used what is called the health nipple. It has a double bulb and does not gag a baby with a very small mouth. Now I use the ordinary black rubber nipple of medium size. I usually buy a dozen or half dozen nipples at the time, as they are cheaper when so bought, and I like to select them myself. I press them to see that they have stiffness, and hold them to the light to see that the holes are near the center and that they are clear cut.

One cannot have any comfort in nipples without constantly renewing them and I think it is well not to be too economical in this matter, since we know to how great an extent the health of a baby depends on the nipples.

MRS. J. F. DUGGAR.

Washington, D. C.

Bathing Made Easy.

Perhaps a few hints with reference to Baby's bath may be useful to your readers.

Baby No. 1 became badly frightened when being put into the water, and after the first bath I noticed it was not contact with the water, but the feeling of the air striking its delicate skin, that caused the uneasiness; so as I undressed him I slipped on a warm towel, and well covered with it dipped him into his bath of 98 degrees. He did not notice the change from air to water, and he was nicely washed with the towel about him, removing it a little where necessary. He was easily slipped from wet towel to dry, and all without any disturbance. After a few

times the towel was partly removed, and so he was gradually accustomed to the feeling of the air. Baby No. 2 profited by her brother's experience, and was never frightened even in her first bath.

I think if the mothers whose babies cry in the bath will try this plan they will find all difficulty removed. My trouble is that mine love it too well and cry when it is necessary to take them out. L. C. R.

Oakland, Cal.

A Suggestion for Increasing the Flow of Milk.

Too many mothers have not quite enough milk for Baby and desire to increase the amount. A most successful doctor recommended, with best results, a very simple thing that he said never failed in such cases. It was putting olive oil on the breast several times a day and rubbing it in with gentle yet firm massage toward the nipple. The oil acts as a food, while the massage empties and stimulates the milk glands. A decided improvement can be seen in two or three days. A MOTHER.

The Bed Pan in the Nursery.

I wonder how many mothers know the usefulness of the bed-pan in the nursery. Whenever I mention it I am met with such surprised and interested questions that I decided to write down my apparently novel use of it, for the benefit of BABYHOOD mothers at least. I began the use of it once a year ago when my youngest child was a few weeks old, and the saving in work and washing can hardly be estimated until tried, not to

mention the early forming of good habits for Baby's self.

I have the Eureka porcelain pan, which is very flat and has no nozzle. The fact that my babies are naturally inclined towards constipation and so usually gave me warning even when very tiny, doubtless helped me in knowing when to offer the pan, but very soon a regular habit may be established by presenting it at a regular time morning and evening, and if action seems too long delayed, a thorough greasing of the sphincter muscle with vaseline produces the desired results. The horizontal position of the child, the entire body perfectly supported, does away with any discomfort or danger.

I do not consider a "nursery chair" safe until a child can sit up alone, and long before that, when Baby was but three months old, a soiled diaper was almost unknown. It was not so easy to anticipate other wants, but even wetting can be avoided by discreet use of the invaluable pan. Immediately on waking, and on the return from an outing, whether Baby is wet or not, "try" him, also a few moments after each nursing or bottle.

My baby is put to bed at six, and if she cries out during the evening I have only to place the pan under her; she relieves the bladder usually without opening her eyes at all, and immediately settles down again into an easy sleep. This practice I continue with her, though she is now over a year old and at other times uses her chair. My nurse was naturally my ready and eager ally in this labor-saving child-training.

M. W. F.

East Orange, N. J.



NURSERY DIET.

Cereals.

CEREALS are a necessary food for growing children, as they are rich in the nitrogen required for energy and tissue building, and promote fine muscular development. When the body is growing rapidly more of tissue food is needed than in adult life when repair alone is called for, hence at the proper time cereal foods must not be neglected.

Starch being the predominant constituent, it is evident that great care must be exercised in cooking the various grains allowable in the nursery, always keeping in view the fact that a double boiler of agate or porcelain is necessary, and that long cooking, without stirring, improves the flavor, except in very rare instances.

An extremely high and prolonged temperature is required to burst the starch granules, to render the food assimilable by conversion of the starch into dextrine, which can only be done by heat or diastase, a substance found in growing grains and used in malt extracts, which explains their virtue when used with certain foods for infants and young children, an appreciable amount of force in the alimentary tract being saved. As this temperature is difficult to reach in the ordinary kitchen, it is advisable to select those cereals for nursery use that have been sub-

jected in part to the preliminary treatment needed to allow them to be cooked with little care or trouble upon the part of the cook. The improved methods are an important consideration, for instance in the use of the ordinary graham flours. The husks, it is true, will irritate the intestinal canal sufficiently to promote activity of the bowels, but the results are only temporary. For general and continued use, a preparation like the fine granulated wheat or the purified gluten is to be recommended, being laxative, free from husks, containing gluten (a very important nutritive element), palatable and easily digested, and possessing in addition the advantage of requiring from five to ten minutes only to cook thoroughly, as these preparations dissolve entirely in boiling. They may be used as well in bread, rolls, gems, etc.

The following cereals are all suitable for nursery use: Granulated wheat, which is an all-year-round food, possessing no fat, and requiring cream to make it a perfect winter food. Pearled corn meal, a winter food which builds up strong tissues and is useful in constipation. Purified gluten or cooked gluten, the latter of which, is always ready for use. Oat flour, from which a delicious blanc-mange can be made. Crushed barley, which, when properly cooked, in milk

or water, is an easily digested nursery food, and when mixed with gluten, half and half, stirred into cold water, and afterwards well-boiled, is extremely palatable.

Farina, being subjected to high heat in preparation, is a desirable and nutritious nursery food, used in the proportion of three tablespoonfuls to a pint of boiling water, with half a teaspoonful of salt.

The list of cereal preparations to be found for sale is endless, but for nursery use one need not go far to find a few perfectly prepared and perfectly assimilable foods of this class, which will supply all the needs of growing children in variety as well as in constituents. Cereals, being heat producers, should be used carefully in warm weather—rice, gluten and wheat preparations being the most desirable, as they possess no fat, or very little.

The long boiling so often advocated for the cooking of cereals is chiefly to soften the cellulose (or husk), which hinders digestion, unless very young and tender. This is removed by the new processes referred to, which explains the readiness with which some of the cereal foods may be prepared, and accounts for their desirability for nursery use. The straining, also, of oatmeal and other cereals, which diet specialists always insist upon for very young children, to get rid of the husks, is made unnecessary by these methods.

Dr. Louis Starr says: "The farinaceous substances, often selected, especially by the poor, to replace breast milk, are not only bad foods, but have, both directly and indirectly, a deleterious effect upon the processes

of nutrition." They are useful during the first year as mechanical attenuants only, when used with milk, and even then should not be used until six or seven months.

Farinaceous foods must be used cautiously in the second year also, when milk should still predominate. At eighteen months, two tablespoonfuls of porridge prepared from a carefully selected oatmeal or wheat preparation, with sugar or salt and cream, a cup of milk and bread and butter, may be given for breakfast every other day, alternating with the yolk of a lightly boiled egg, a cup of milk and bread and butter, the use of eggs having been begun at twelve months, alternating with milk.

Oatmeal is the usual cereal to begin with in the nursery, as it contains all the necessary constituents for muscular development, and a higher percentage of fat than any other cereal; but for this very reason, if the use of cereals is begun in warm weather, wheat or rice is preferable as a beginning, wheat possessing little starch and a large proportion of albumenoids. Where cereals are given to infants, after an exclusive milk diet, difficulty in digestion is sometimes experienced. This can be avoided by the use of partially peptonized milk until the stomach has become accustomed to the change. The return to ordinary milk should be made gradually. The peptogenic powder used for peptonizing milk may also be used in a very simple and satisfactory way by sprinkling lightly upon porridge or any farinaceous food, using care to have the food warm—not hot. It is particularly

useful with rice for very young children, on account of the large amount of starch contained in this cereal.

For preparing cereals, the proportions of water, milk, salt, etc., may be readily gained from any good cook book, or from a little experience, in-

dividual preferences requiring various amounts for the consistency desired. They should be served, preferably, with salt and cream, unless in cases of particularly active digestion, when a little pure sugar may be allowed.

LOUISE E. HOGAN.



THE MOTHERS' PARLIAMENT.

—“Oh, Charlie! do
A True Story. come away from that well! If you should tumble in, I don't know what your poor mother would do!” said Grandma Creighton, as her roguish little grandson strained himself up on tip-toe to look just as far as possible into the well. He liked to gaze down into the cool depths, and see his own chubby face reflected there, but he liked still better to “scare grandma,” and he was too young to realize the danger to himself, should he, perchance, tip-toe one little bit too far. So he looks gaily in the grandma's face, and his eyes twinkle, as he says with a mannish air, “I ain't afraid,” and once more he stretches up and kicks his feet in the air, while balancing his roly-poly body on the curb.

“Oh, dear me!” exclaimed the distressed grandmother, “that boy will tumble into the well, in spite o' me!” and she stole up to him carefully, and seized hold of him, and in her delight at having him safe, kissed again and again his smooth, soft cheeks. He

feels quite a hero, as she tells him how agonized the entire household would be should he fall into the well, and be drowned, and puts especial emphasis on the desolation of his father and mother, in case of such a dire calamity. Then he promises to be a good boy, and “not trouble grandma any more,” and giving him a fresh cookie, she goes back to her work.

She soon heard another ripple of baby laughter, and knew that her pet was at the well again. He was looking toward her roguishly, but waiting to be sure she saw him before stretching himself into a dangerous position, for it would be no fun if it didn't trouble some one, and he undoubtedly felt that, if seen, he would somehow be saved from danger.

But at that moment his Auntie May, who had heard the controversy between the two, and many similar ones before, appeared on the scene, and without taking the slightest notice of the little fellow at the well, said to the distressed grandmother:

"Why, mother, I would not worry so much about Charlie! We have all told him not to go to the well, and he knows it is unsafe, but if he will go there, and hang over it, we can't help it! We can't watch a boy five years old all the time! To be sure, I should pity his mother if he should tumble in, for of course it would kill him, and we should, all of us, feel very badly; but if his mother sends him here to stay all day, she can't expect us to watch a big boy like him all the time!"

Charlie's face, that had commenced to grow serious at Auntie May's first words, had now become lengthened to the utmost its rotundity would allow; his blue eyes had changed from their innocent baby stare, to a look of concern, and growing larger and larger, fairly bulged from their sockets; he relaxed his hold on the curb, and retreated gradually to a safe distance from the well, and eyed it from afar, as a point of danger.

The weight of responsibility of keeping himself from tumbling into that deep well, so suddenly shifted upon himself, rested so heavily upon him, that from that time he kept a respectful and safe distance from the curb, and when obliged to pass it, went rapidly, and with eyes fixed upon it, as though he expected something to arise from the depths, and pull him into it. Thus one trial was over forever, and the boy learned one lesson he never forgot.

The above little incident, the truth of which I can vouch for, illustrates the value of tact judiciously exercised.

If one continually frets at and pets a child, by turns, it soon learns to do

the thing that will cause the most annoyance, and when playthings pall, it amuses itself by pranks to torment its elders.

Highly developed children certainly are keen observers of traits of character, as shown in the peculiarities of those about them, and they know full well how to bring into the grandmother's face the queer, woe-begone expression. Doubtless they could not define their feelings or tell why they persisted in certain pet forms of mischief that always made trouble for themselves and everybody else.

We have all heard gentlemen of eminent respectability, and most worthy women relate stories of their childish pranks, and the best part of the story always was, its effect on the parents—told perhaps with a sigh of regret for the juvenile thoughtlessness, or a tear for the trials willfully caused the dear departed!

However difficult it may be, strive always to keep a gentle and dignified demeanor, that no grotesque mannerism may incite the children to tantalizing methods to "draw you out."

As we instinctively turn to look at a disagreeable object, and turn again, when we really would prefer not, so the child sometimes seems impelled to do something which in his inmost heart he knows will bring him trouble.

So we may, by taking thought, turn the children from their naughty or disagreeable ways, not by scolding or whipping, but by studying to understand them, by developing and recognizing the *good* in them, and persistently ignoring what we are accustomed to hear thoughtlessly called the bad.—*Belle Spalding.*

The Plan
That Failed. —May I write of my
experience in teaching
babies to put them-
selves to sleep, for the possible com-
fort of mothers who have been alike
unsuccessful?

Firmly convinced that the struggle
though painful would be short and
lasting in its good results, I put down
my two-months-old boy to cry him-
self to sleep, which he did in a half
hour. We faithfully continued the
method for a year, never sure, how-
ever, that there would not be a hard
cry. At the end of the year the little
fellow regularly arose and screamed,
standing in his bed, falling and bump-
ing himself upon the sides. We re-
sorted to tying, but he broke all our
tenderly arranged bandages, and we
were forced to surrender.

At two years we tried again by
coaxing and finally by gentle whip-
pings, which were entirely inef-
fectual; he would get up and cry
for hours at the closed door. Now
some one remains quietly by the little
boy and he goes contentedly to sleep.

Then came the little girl. She was
taught from birth to go to sleep by her-
self at the regular hour, but now she,
too, has revolted at the age of eight
months. She, too, arises and screams
and refuses to go to sleep by herself
until rescued and patted to sleep.

Both children are perfectly well,
not unusually nervous, but rather
more than usually active and muscular.
We rebel at this second surrender, but
there seems to be no alternative. Per-
haps our experience is not an uncom-
mon one, but I am quite certain the
confession is not often made—*A. G. J.,*
Minneapolis.

Sucking the Thumb. —All habits which are
not good must be
either so harmless as not to be of any
consequence or positively bad. The
habit of sucking the thumb is dis-
tinctly bad. In the first place the
infant becomes a slave to it; he will
not go to sleep, or be peaceful with-
out his solace, much as an opium
eater cannot be happy without his
injurious drug. As the human race
has not been by the Creator designed
for continuous sucking or chewing,
we outrage His laws, which are infin-
itely superior to and more economical
than any designs man can frame for
himself.

A baby forming the habit of thumb
sucking cannot easily be broken of it.
The infant does not secrete any quan-
tity of saliva until the third month.
The child should suck his food either
from the breast or bottle. This will
ensure his food being swallowed slowly
and regularly, and is a source of com-
fort to him. Any saliva which he has
is pressed into the mouth by the ac-
tion of the muscles of the cheeks on
the salivary glands, which are also
stimulated by the pleasant taste (and
food ought to taste pleasant) of the
food, and the saliva thus performs its
proper function of digestion. Saliva
sucked into an empty stomach is sim-
ply waste of precious material.

I have never approved of the habit
of thumb sucking, but, since reading
an article by a leading photographer,
on its completely spoiling the shape
of an infant's mouth, I have more
often denounced it. It requires but
little thought to realize that the con-
stant sucking of the tender and
pliable gums will cause them to pro-

ject, so that when the teeth come in they will of necessity protrude; instead of being in an upright position, they are inclining outward. Every one has noticed how easily the shape of the mouth can be changed at will by the different position of the lips. The absence of teeth in old age causes the puckering and wrinkling and also the lengthening of the lips. Much more easily in childhood are the lips molded into different forms.

The photographer states he can identify the children who have sucked their thumbs by their ill-shaped mouths and unshapely lips. The shape of the thumb is also spoilt, and the nail on it often will bear permanent marks of the habit. I saw a child with this habit so firmly fixed that he would not go to sleep or be peaceful without worrying his thumb, which too

closely resembled the antics of a wild beast to be anything but disgusting. I was not surprised to find a habit of breathing through the mouth, nasal and throat trouble, and the child suffering from indigestion and malnutrition. I do not attribute these entirely to sucking the thumb, as, having had an insufficient amount of breast milk, he exhibited a variety of ailments consequent to semi-starvation. But if a child is so badly nourished, and must resort to such unsatisfactory solace, its food should be changed; and a hurtful process, which may make the child hideous in after years ought to be stopped at once. All sucking on empty bottles, rubber rings and blind nipples is injurious and defacing, and should be avoided by sensible mothers.—*Clara A. Penniston, New York.*

AN ECONOMICAL TOUR ACROSS THE CONTINENT.

BY MRS. R. C. ALLEN, NATIONAL CITY, CAL.



HAVING made the journey from ocean to ocean and back, with three small children, I believe some of the readers of *BABYHOOD* may like to hear how we fared.

When it was decided that I should take the children and go home last spring, I began to make inquiries about the tourist cars, hoping to go in one, so as to lessen the expense. My husband felt that it was no time to try the experiment while traveling with little children, but the more people I talked to about it, the more firm I became in the belief that the advantages would outweigh the lack of upholstery and the feeling that you were

not doing the first class thing, and I found it to be so in every respect.

My eldest child, a boy, was four years and three months old, the second a boy three years old, and the third a baby girl a year and a half old, and just established on her legs. Going home I was so fortunate as to have an aunt and niece with me, to help rub the bumps, amuse the children, and watch them while I was in the dressing room; but the main care fell upon me and I got along famously.

When we all boarded the train at San Diego, I must say I felt a little homesick, as the car looked bare and shabby. For those who do not know these cars I will give a short description.

The sections are separated by wooden partitions ending in sliding doors, which can be pushed back by day to give a freer circulation of air, and pulled out at night to entirely shut you off from your neighbors. These can, of course, be left out by day also, if one's neighbors are not agreeable. The seats are of wooden slats running crosswise of the car. Down the center of the aisle is laid a strip of matting which is movable and is taken up for sweeping each day. There is no upholstery in any part of the car. At one end there is a stove with an oven on top, so that during cold weather, when a fire is needed, the passengers can cook their meals in the oven. The dressing room is not palatial, as it is simply a small closet, with one basin and a large tank of water beside it, and a seat. However, the porter kept us fully as well supplied with clean towels as in a Pullman car.

As to the difference in the expense, it was calculated that we saved ten dollars a section each day and what we should have paid in the Pullman, and there are many of us who feel very virtuous when saving ten dollars a day. A section cost me eight dollars from San Diego to Chicago and we were on board five nights. As we stopped off at Chicago, I could not go by the tourist train from Chicago to Boston, so we went for that distance in a Pullman car. My section in this for one night cost me eleven dollars.

One of the great advantages in the tourist cars is the amount of room under the seats. By providing paper—for instance, several large strong paper sacks—every thing you possess can be stowed under the seats out of

the way. The space is high enough to slip under a vast luncheon basket, handles and all, which is an inestimable blessing in traveling with restless, active children.

It was a great comfort to me to travel with a class of people who had been their own cooks, nurses and maids, and who knew it was impossible to keep children from crying on occasions, and seemed to expect to lend a helping hand when things were going wrong, instead of looking as if they meant to say: "Did I pay ten dollars a night for my section to be treated to a concert of squalling children?" When we got in at San Diego, in half an hour we were settled, lunch baskets under the seat, hats and coats hung up, and nothing about that was not needed for immediate use.

When we got into the Pullman at Chicago there was not room under the elegantly upholstered seats for even my telescope valise, much less the lunch basket. It was stifling hot, so I took off the coats all around, and hung them up on the hooks between the sections; down swooped a dusky thundercloud in the shape of the porter: "Can't hang nothing on them hooks in the day time, madame, they swing out and interfere with the passengers." So the best hats and coats were deposited amongst the jumble of legs, arms, luncheon, etc. In the place of the dear little hooks between the windows where we had hung our tin cups in the other car, was an electric bell. It took my eldest boy just two minutes to find that and ring it, entirely unnoticed by me. Down swooped the thundercloud again. "What do

you want, madam?" "Nothing, thank you." "You rang your bell." "I rang the bell, mother, I'll show you how," and rattle went the bell in the little entry.

To children who never disobey that little knob would have offered no attraction, but my children have been known to disobey, and the little knob was more than they could resist, and finally Sambo announced in stentorian tones, "If you don't keep them children away from that bell I'll report to the conductor. 'Taint meant to play with; don't ring it again unless you want something." We then had an animated conversation in the family, and the ladies with their maids, and gentlemen with their rubber bath tubs, looked back with a wearied air of wonderment as to why children had been created.

At night, when I had to carry each plump infant from my end of the car to the dressing room at the other, instead of the clear, uninterrupted passage of the tourist car, I had to stumble along over valises, hat boxes, boots and lunch baskets. Not being able to afford the extra room generously supplied by my aunt from San Diego to Chicago, my niece had a companion in her section. The lady had bought out a rug department in Chicago, and brought it with her to economize on extra baggage. The roll was crammed in between the seats, and my niece's valise had to occupy half her seat, so even that space was unavailable for a child. Between the electric shocks which ran down my spine every time I heard the porter's bell, for fear my children had transgressed, the fidgets in my legs

from having no place for my feet, and futile wrath with the young ladies who wanted time in the dressing room, to put to use each instrument in an elaborate manicure set, I—well I suffered.

Now let me return to the abode of liberty and plenty of room, and the life we led there. My husband had asked me to get off for "a square meal" once each day. I found that to be impossible, every one else wanted to get off at the same time, as we only got to an eating station at a meal time once a day on an average. So there was no one to leave the children with. Imagine getting off with three young country bumpkins who had never before seen doors that swung both ways, elaborate casters and pickle jars, etc., and expect either yourself or the children to eat seventy-five cents worth of food in twenty minutes. No, not only did the family dine at home, but my aunt and niece were so well content with our fare that they only deserted us twice in four days. For you see you can cook on the tourist cars. I took with me a single wicked kerosene lamp, and galvanized iron pan to stand it in, both solid and firm. We had mush (I took enough cooked oatmeal for two mornings, and germa to cook), cocoa and toast for breakfast, delicious toast made on the inverted cover of a lard pail, the party sitting round as they might round a griddle cake cook, eagerly waiting their turn. At noon we had soup made from condensed beef, flavored with celery salt, bread and jelly, oranges and lemonade. For as we knew we were to have room and to spare, my husband had provided

us with a "gunny sack" of oranges and lemons which served many more than our own party. At night we had toast, cold chicken and milk for the young, tea extra for the elders. Water was heated after each meal, the lamp put out, and its pan used for a dish pan. With wooden plates lined with paraffine paper, which could be lifted, crumbs and all, and thrown out of the window, leaving the plate clean for another time, there were five dishes to wash.

Most people use alcohol lamps, but, if there are several to cook for, a kerosene lamp is far preferable; it will hold up a much larger sauce pan, and does not lurch over so easily with the swaying of the car. If passengers carry a good sized pan to set the lamp into, I do not believe any complaint would be made.

Being able to cook is an endless comfort, but I must say it is attended with danger. I look forward with satisfaction to the time when the motive force is electricity, and some invention comes up to supply electric heat to each section for heating without danger from fire.

Most certainly I felt rather shaky when we got into our car to come back from Chicago to San Diego, with no kindly aunt or niece to help. It was an awe-inspiring sight to watch the stream of human beings and baggage that poured into that car; there were eleven children under ten, most of them under five years of age. It was late and the children were all tired. I asked our smiling little porter to make up our berths as soon as possible; he said he was not allowed to until we had "pulled out," and when

that blissful moment arrived he was so beset with demands he entirely forgot me. So I went and asked him to pull down the top for us and leave us to make up our own beds, and from that time we made up and made down our own berths, and had to wait for no one. The little boys were very proud of their knowledge of how to pull down the slatted seats, and spread out the mattresses, learned on the trip east.

I seem to be making a very long story of this, but must speak of some of our greatest treasures in the way of conveniences. Going east I used a board with a small hole for the children, to put over the regular seat; it was hinged and so folded together to save room. For coming home I was provided with a small, light, galvanized iron vessel, which I could let the children use in the berth at night, and hang on the hooks in the dressing room during the day; the vessel is much the preferable arrangement.

We took endless comfort in the sixty-two bibs which my friends helped provide a few hours before starting. They were made of strips of old cloth, each bib having narrow strips tacked on at the top to tie, and a notch cut between for the neck. So the children had a clean bib on every occasion. What was unsoiled in eating was torn off, and used to wipe fingers, tables, etc., and usually one whole bib was in a suitable condition to dampen and wipe cinders off window ledges and tops of seats, the thing to be thrown out of the window.

My family provided me with a toy bag made to hang from a stiff rod at the top and slit down one

side. This hung prominently from the hooks between the windows with the tin cups. I will mention the most successful toys, as a few good ones help kill ever so much time. Three pair of blunt-ended scissors, invaluable. A paper of pins and soft cushion for the baby. She would pick out the pins and push them into the cushion, take them from the cushion and drop them into a cup by the hour, the pins to be replaced in the paper later on. A box of kindergarten beads with a bag to hold them, arranged to hang round the neck, the beads to be strung and used for a necklace, to be unstrung again at an opportune moment. These were often spilled over the floor, but were well worth the trouble of picking up repeatedly. A balancing toy (Mr. McGinty in this case) to turn summersaults down the table tilted up and down, by resting the leg of the table on the operator's foot. Then a ball of strong string, to be given out in pieces as a great treat, to tie everything to everything else was most popular. We planned our meals so that we were at leisure at eating stations, and all hands went out for a brisk walk, to chase the pigs under the train at one station on the desert, admire the Indians at another, and buy hot bread, "muchie cabentie," from a smiling Mexican at another. There was a great deal of work about it, but we had lots of fun on that trip home, and were pronounced expert travelers and boon companions by our fellow passengers.

To sum it all up, life on the tourist cars is very independent and jolly.

You can go and get the car broom and dustpan and clean house whenever you want to, and the children can climb the curtain pole, or all over table and seats without incurring the wrath of the porter. Then a fee to the porter who seldom gets one produces an effect. For children, I think, it is more healthy, as it is more airy, and they can wear their dark gingham aprons and be suitably dressed.

The class of people going and coming comprised teachers, farmers, shop keepers, and upper mechanics, clean, pleasant people, much more agreeable than many a drummer traveling in the Pullman. In taking the tourist cars, if people expect to have a moment to sit down, which I did not, they had better provide themselves with a cushion to sit upon. Do not expect luxuries, but prepare to camp out and save five dollars a day for each berth.

After getting back, advice was asked by a friend who wanted to go to California as cheaply as possible. The advantages of the tourist cars were put before her and she tried them. She had traveled the country over before, but always in the Pullman cars; her verdict on arriving in California was that it was the easiest way of saving fifty dollars that she had ever attempted. There seemed to be plenty of bed linen on hand and the beds were fairly comfortable.

Of course, many readers of *BABYHOOD* know all about tourist cars, but as we want people with young children to come out here and settle, I desire that no one should be ignorant of the easiest method of doing so.





BABY'S WARDROBE.

"Jacket and Pants."

"My boy is quite beyond the interesting age," said a mother to me lately, with a little sigh. Of course she did not mean that he was not interesting to *her*, but we all, even we mothers of boys, know how much of their fascination is lost when they grow out of their sweet childhood, and enter their long period of boyhood.

It is, therefore, a never ending mystery to me that the mothers of to-day hasten the change from the child to the boy by clothing their little sons as early as they possibly can in that uninteresting suit called "jacket and pants." Formerly, when we saw such a dress on a little boy who could not speak plainly, he was always the child of our washerwoman, or the nephew of our cook, but now such queer little figures, strongly resembling dwarfs, are the fashion. It is the only instance that I know of in which a fashion has come up from the lower classes to the higher, instead of *vice versa*.

Are we never to see dear little boys of four and five again? Are they always to be miniature men, or at least miniature copies of their big brothers of fifteen? To me there is something absolutely ridiculous in a child dressed in this manner, who talks with an al-

most baby accent, and walks with the pretty stagger of early childhood, while such a child, when naughty, seems much more naughty than he would seem if dressed like the little fellow that he really is. We naturally expect more of a seemingly big boy. Mothers need not think that the "pants" are necessary to give freedom and ease to their little boys. The Scotch Highlanders are the most active of men, and the boy's short skirts ought never to be longer than the real Highland kilt, which just reaches the knee, leaving its movements free. Many kilts in this country are made so long as to be awkward and troublesome, but in France and in Belgium I noticed that they were worn very much shorter than here, with a much more stylish effect.

As to the question of warmth, the short cotton drawers are quite unnecessary for the small boy, and so are his petticoats. The ugly "pants" can be worn under the short skirt, which serves to prolong the sweet period of childhood, which, once passed, can never come back again.

I wonder if mothers really like to see their dear little children transformed so soon into boys, or whether they are simply slaves of fashion. Every mother who follows her own

taste in such a matter sets the fashion for some other mother to do likewise. Why cannot mothers combine to show us once more dear little boys, instead of little creatures looking like stunted men? Don't they see themselves how much sweeter their children seem when they are clothed in their night gowns, or their little outside coats? Then they look young again.

A. P. CARTER.

The Influence of Dress on Character.

Do you not think that the dress of children has something to do with the formation of their character? Do you think that a little girl of less than ten years, arrayed in showy silks, cheap laces, coarse embroidery, with a monstrous hat loaded with feathers and flowers, and with bracelets on her tiny wrists and rings on her fingers—do you think that this unfortunate little lass will develop into as sweet and modest and womanly a young girl as the child who is simply dressed throughout all of her childhood and girlhood?

I lately attended a Sunday school concert at which I beheld the deplorable spectacle of a little girl of nine

years arrayed in a grass-green silk dress with a white lace flounce and a tulle overdress all in a flutter with green satin ribbons. She wore green silk stockings, white kid slippers, a bangle bracelet, gold beads, two rings and a gold cross, while she toyed alternately with a big ivory and feather fan and a lace handkerchief! Her conduct was pert and flippant in the extreme, as might have been expected, while that of the prettily but plainly dressed little girls around her was quiet and modest. Do you think that it would have been possible for this little girl to have been quiet and childish and modest, arrayed as she was? Have you ever known an habitually over-dressed child to be attractive in manner? And when it comes to little girls in *corsets* my pen becomes paralyzed as it attempts to write the word.

The physical as well as the mental development of children must suffer when there is a combination of jewelry, silks, laces, feather fans and corsets in their wardrobes. I have described extreme cases, but there is a moral in them for all of us.

J. L. H.



NURSERY PROBLEMS.

Nail-Biting.

To the Editor of BABYHOOD :

I have been an interested reader of BABYHOOD for nearly two years, and write now to ask assistance on one point. I want to know how to prevent my baby from biting her nails. She is nearly twenty-two months old and has all but four of her teeth, which are now coming, as evidenced by her chewing her gums constantly. She has had no trouble in teething, but has always wanted to put everything in her mouth. Lately she has been biting her nails. I may say that perhaps she inherited the habit, as her father indulged in it in his youth.

(1) Would you advise my waiting until she has all her teeth, or

(2) Can you tell me of something to put on her nails that will not harm her, or do you know of some method of prevention?

Southport, N. C.

A. S. F.

(1) It is not important to wait until the teeth are cut. Doubtless there will be then less irritation of the gums, and consequently your task would be by so much an easier one, but, on the other hand, the habit, if continued, will be so much the more confirmed.

(2) The articles usually put upon the fingers are bitter medicines. Stinging articles, like pepper sauce, are hazardous, as children often get them into the eyes. One of the commonest bitters for this use in popular practice is aloes, generally in the form of tincture. Aloes is a purgative, but the amount which can be put upon the fingers can rarely have this effect. Quinine solutions are also very bitter, and in the quantity used are harmless. Occasionally we have known children to evince a decided liking for the bitters, and to ask for more which they might suck off. Of course in any case the remedy must be often applied.

And in case of failure of drugs mittens may be put on and tied about the wrists of the child. The real cure is persistence. Many persons carry the habit through life.

Starting in Sleep; Baby's Knowledge of Insects.

To the Editor of BABYHOOD :

(1.) Can you tell me why my fifteen-months-old baby cries out so in her sleep. I hardly think it comes from dreaming. She is not nervous, eats well, and although never a very sound sleeper, does better now than formerly. A word or two, or a little petting, will quiet her, while, if let alone, she awakens.

(2.) How shall I teach her about bugs and worms, that they ought not to be put in the mouth or handled? I do not want to tell her they are "horrid and nasty," for all of them are God's creatures. What then shall I teach her about them?

I. E. F.

Chelsea, Mich.

(1.) She probably cries from some discomfort. This may be a pain in the gums, in the bowels from wind, the bite of a flea, mosquito or some other insect, or from a multitude of causes. Just what it is you will have to find out yourself by watching.

(2.) The only way is to teach her that some things must not be put into the mouth. If possible, teach her that nothing is to be put there unless given her as food. As to whether you shall teach her not to touch insects will depend upon whether you have any harmful insects in your neighborhood. Taking the country as a whole, we have so few such that there is really little probability of a child being hurt by any which she can catch. The stinging insects—bees, wasps,

hornets and minor ones—she is not likely to catch, unless they light upon her to sting her. Some few caterpillars have irritating setæ or bristles, but she is not likely to find these in the house. But if you have any doubts, teach her not to touch them at all “until she is bigger,” at which time you can teach her to discriminate between those likely to harm her and the great multitude of harmless insects.

Eczema and the Fear of “Sending it In.”
To the Editor of BABYHOOD:

We have a baby girl over seven months old, who weighs twenty-one pounds, has four teeth and seems in apparently good health, with the exception of a breaking out on her body (mostly on her face) which the physician terms eczema. A few days after she was born we noticed a rash, though different in its appearance from this. Since then she has not been entirely clear of it. She is fed according to the directions given in *BABYHOOD*.

(1.) Is eczema in the blood or is it purely a skin disease?

(2.) Can it be entirely cured?

(3.) If so, what is the best treatment you can give?

(4.) Is there danger of sending it in by using outside application alone?

(5.) Do you think it will leave her after teething is over if left alone, and do you advise our leaving it till then, since teething seems to aggravate it? **ANXIOUS MOTHER.**

(1.) It would be rather a quibble or an imperfect answer to say simply, yes or no. Eczema is a skin disease, and may appear on almost any one. Nevertheless its presence, probably, its continuance certainly, depends in a great measure upon certain conditions of the system, especially of the digestive organs and upon diet. Further, it is true beyond question that some constitutions are much more subject to it than are others. For instance, there

is supposed to be a marked susceptibility to it in those of the so-called rheumatic habit.

(2.) Yes, but the susceptibility may remain.

(3.) The question is so wide that it cannot be answered here. The treatment will vary with varying conditions.

(4.) No, it cannot be sent in. This fear of sending it in depends upon the fact that when an internal disease is developing, skin diseases sometimes fade or disappear. The mischief “calls in” the eruption, if you choose to say, but the “sending in” of the eruption does not cause the mischief.

(5.) It may be better after the teething, and you may find it difficult to cure it before, but do what you can for it now.

Enlargement of the Tonsils; Questions Concerning Cocoa.

To the Editor of BABYHOOD:

(1.) Our little boy, aged three years, is troubled with chronic enlargement of the tonsils. His breathing is quite labored. At night he snores badly, and breathes partly through the mouth. Do you consider him too young for operation on the tonsils? If so, do you recommend local treatment of the throat?

(2.) I would also like to know if I can with safety tie up his jaw at night to prevent mouth breathing?

(3.) I also want to ask you concerning his diet. He has been getting thin during the last six months. He does not seem to care for solid food, and has lived altogether upon cocoa made with boiling water, and milk added. Should I try to make him eat solid food and stop the cocoa? He will not take cereals of any kind with milk. He has lived chiefly on cocoa for over two years. He has been, and still is, quite troubled with constipation.

A. M. H.

Salt Lake City, Utah.

(1.) He is not too young for treatment. Whether removal of the tonsils is called for, or only some local treatment is necessary we, of course, cannot tell, but the physician you consult can.

(2.) It would probably be safe, because if he were uncomfortable he would wake, or be so restless that you would release him. Nevertheless, we do not believe that it would do any good, since we think that the mouth breathing is not due to the swelling of the tonsils, but to a similar enlargement of the glandular structure in the back of the nose, which most likely exists, and which probably requires removal more imperatively than do the tonsils themselves.

(3.) As you do not say how much

milk he uses in a day, we have no clear idea as to whether he is getting enough food or not. We do not count the cocoa for much, and if a sufficient quantity were used, so that the diluted milk used were enough in amount to properly nourish him, he would in all probability be getting much more cocoa than such a child should have. A child of his age should have, until he learns to eat something else, at least a quart, and probably three pints, of good milk daily. What he most needs is a good looking over by a skilled physician, who should try to put him in order, and set him a proper diet which he is to take. Until he is properly nourished it will be hard to do anything of decided benefit for his throat.



CURRENT TOPICS.

An Ear For Music.

In the good old times they used to speak of a person who did not readily distinguish tunes as having no ear for music; and the child of whom this was said was never given any opportunity of acquiring such a thing, his development as regards music being considered hopeless. But in these later and better times it is declared that no child with a normal physical ear—that is, with one meeting the usual requirements of hearing

—is hopelessly deficient in the matter of music. The total absence of the power to discriminate between tones, or to give pitch correctly, will always argue either an ill-formed ear, a species of deafness, or a deficiency somewhere in the brain, and, at any rate, an abnormal condition in that one respect. When it is observed that a child does not try to hum to itself, does not make little attempts at song when about a year old, it may then be suspected that the sense of melody,

the power to distinguish tunes, is absent or dull, since most children, almost as soon as they can walk, will make melodic sounds that can be recognized as the fragments of tunes that are sung to them.

Most generally, when one has reached maturity and still has no ear for music, it is owing to neglect in childhood—neglect so far as there has been wanting any endeavor to stimulate the appreciation of tone and to exercise and develop that part of the brain to which the ear conveys its sensations. This can be done only by reiterated effort, by the repetition of a few tones till the ear has become able to discriminate between them

and carry the sense of their differences to the brain, and the brain has in turn learned to order the voice to express them. Sometimes the brain never learns this last perfectly, even when it enjoys and recognizes tune itself. When the voice is able to express the tune it does not signify if it be weak and harsh or sweet and strong, since that belongs to another organ, the ear having to do only with discrimination of tonal difference. The effort should not be given up till practice has shown that there is positively no sense for melody, no observation of the succession of the various tones.

Very possibly a child who never

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heard music might never sing—a child whose mother never hushed it with lullabies or amused it with gay songs. Music, then, may some time come to the grown person as a revelation of delight, and the development of the ear would take place at a later period. We often find a child who cannot “turn a tune” in the beginning gradually acquire the power to do so as well as any. But if there is

a possibility of avoiding it, no child should be left in such forlorn beggary as never to hear music. If a mother cannot sing herself, she should see to it that the nurse she employs can sing, and if she is unable to hire a nurse she might find it possible, through exchange of work or kindness, to procure singing of some sort enough to give her child the opportunity of comparing tones and of acquiring an

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understanding of them, since it would seem as palpable a duty to develop that as any other of the child's powers. It is fortunate that almost everywhere the Sunday-school, with its singing of simple elementary tunes, is ready to supplement this deficiency, among others, of the home life. — *Harper's Bazar*.

The Doll of the Colored Children.

Did any one ever see little colored

girls playing with any other sort of dolls than white ones? Perhaps such little girls sometimes have black dolls; but the writer often sees them at their doll-play in a street which is almost exclusively inhabited by colored people, and has never seen them with any but white dolls. Generally the dolls are quite blonde. It is not for want of black dolls in the stores; they are numerous enough, and are much favored by white girls. The

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reason for it is, of course, a very pathetic story—the long story of a race enslaved and despised until it has to a great extent lost its pride in itself and come to court another by a habit which is second nature. The mulattoes and quadroons are given a certain precedence and honor by the blacks, and the little mulatto girls will have none but white dolls, and blondes at that! But all this undoubtedly must be changed. With independence the instinct of race pride must revive; and in the course of time colored girls may play with black dolls.—*Boston Transcript*.

The Feet.

An English writer on hygiene says:

It is a great pity that parents cannot be impressed with the importance of looking after the welfare of their children's feet. It is safe to assert that if shoes were not worn, corns and kindred ailments would be unknown. It therefore becomes the duty of every mother to see that her children's feet are left in as near a state of Nature as possible, the shoes being broad soled and well fitting. A shoe that is too large is nearly as uncomfortable as one that is too small, and will often be an active agent in producing corns. Every point of contact should be looked after, and nowhere should there be the least binding permitted.

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"CATCHING COLD."

BY JOHN DORNING, M.D.,

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It is much easier to catch a cold than to cure one, is a very antiquated and well worn saying; but, nevertheless, to little Johnnie it seems painfully fresh and true, just after his anatomy has been undergoing an inspection by the family doctor. "It is much cheaper to prevent a cold than to get rid of one," is another gem from the bargain counter of wisdom.

In view of the many and wonderful accessions to our knowledge of disease during the past decade, it would at the present day be neither the easiest nor safest thing in the world to venture a specific definition of the term "a cold," and at the same time guarantee ourselves that twenty years hence we could gaze on it and not smile. As we ascend the hill of science we discover new, more plausible and finally the real causes of many maladies that were formerly attributed to "catching cold." By the inexperienced many ailments are mistaken for "cold," some trivial and indefinite in their nature and passing off in a few days without any further clue to the trouble, others continuing until the

actual condition has become too apparent for further misinterpretation. In a general way, however, a "cold" may be said to be a disturbance of the bodily functions, with particularly inflammatory manifestations in the respiratory mucous membrane, induced by exposure of some part of the body to cold and moisture when the organism is, temporarily or permanently, in a state of lowered resistance.

In the causation of a "cold" there are generally two factors in operation. One we call the predisposing cause, and the other the exciting cause. The very fact that under the same environment one child catches cold more readily than another is sufficient evidence of the existence of some particular predisposition in the afflicted one. Man and the warm-blooded animals possess the faculty of evolving heat, whereby very nearly the same degree of internal temperature is maintained, notwithstanding great variations of temperature in the surrounding medium. If the outward temperature be lower than that of the body, the heat that is abstracted is speedily replaced, in the healthy subject, by this continuous generation of

heat from within, aided by clothing or by exercise. On the other hand, when the surrounding temperature rises to the neighborhood of that of the body, the skin becomes covered with a profuse perspiration and the excessive bodily heat is removed by evaporation. The internal evolution of heat is so constant that an atmosphere that does not continually abstract some of it is exceedingly oppressive.

Now, anything that weakens the system will interfere with the generation of animal heat and thus predispose the subject to the pernicious effects of cold. In young children the most common debilitating factor is improper feeding. By this, we mean feeding the child on breast milk that is deficient in some of its nutrient elements, or on some artificial product that is an imperfect substitute for maternal milk. Rickets is the common outcome of such feeding. Rickety children are generally the victims of recurrent colds during the cool months, for such children catch cold easily.

Children inheriting the tubercular diathesis, formerly called scrofula, by reason of the associated constitutional weakness are predisposed to inflammation of the mucous membranes on slight exposure to cold. Confinement in over-heated apartments is rather enervating and lessens the power of resistance to cold. Bundling with excessive and improper clothing, by interfering with the healthful action of the skin and preventing free muscular exercise, debilitates the child and increases the tendency to "catch cold." Sudden exposure of the heated body

to a cool atmosphere is generally held to be a positive means of contracting a cold. But whether or not one catches cold by such exposure, will depend upon the condition of the body at the time—whether vigorous and capable of generating heat as rapidly as it is abstracted or depressed by fatigue—or upon any of the causes above mentioned. For instance, the athlete at the close of a contest, although very warm and perspiring, may take a cold plunge with absolute safety, whereas, if he waits until he has cooled off and experiences the reactionary fatigue, he will be very likely to suffer from his cold bath.

The generation of bodily heat is more pronounced when the child is awake and active, less so when asleep. Hence, the necessity of warmer coverings during sleep than when awake, especially in the cooler months. Allowing a child to fall asleep in its perambulator in the open air without additional and sufficient protective covering is a not infrequent source of cold. The evil effects of cold applied to the body depend somewhat upon the intensity of the sensation it produces, and also, and even in a greater measure, upon the duration of that sensation. Thus, the momentary chill a healthy child might experience by being suddenly plunged into a tub of ice-cold water would prove beneficial, but the slight and prolonged chilliness he might feel during a fifteen-minute tepid sponge bath in a cool room, or by exposure of the thinly-clad body to a low external temperature, would probably be productive of unpleasant results. Cold, damp air is more likely to prove harmful than cold dry air of

the same temperature. An east wind is generally considered conducive to catching cold, because east winds are damp winds. One is less likely to catch cold when the whole body is exposed to a breeze than when a small current of air is blowing on some vulnerable part of the surface.

The two most vulnerable parts of the body are the back of the neck and the feet. We seem to be thoroughly cognizant of the susceptibility of the back of the neck, as is evident from the sudden turning up of coat collars when a draught becomes perceptible on the backs of an assembled audience in a church or theatre. There seems to be a sympathetic relation between the feet and the respiratory organs. "Caught cold from getting the feet wet," is a common every-day expression. Abernethy has said that "wet feet are some of the most effective agents death has in the field. They have peopled more graves than all the gory engines of war." The contact of wet or damp clothes with the skin both increases and prolongs the sensation of cold. The heat of the body is abstracted more rapidly than it is generated from within, and unless it be replaced by exercise or stimulants, bodily mischief is likely to ensue. When with rod and fly we wade the mountain streams our wet clothes cause us no apprehension, so long as we can continue in active exercise, and know that a good rub and dry clothes await us in camp.

A common source of a "cold" is the current of cool air that passes underneath the doors of a room and blows on the exposed ankles. It is not infrequently the case that a child enjoys

immunity from colds until he has reached that interesting age when he sends thrills of joy through the hearts of his fond parents by his antics on the floor. Then, much to the wonderment of the family, he seems to be catching cold all the time, notwithstanding the excellent care bestowed upon him. Strange to say, it seldom occurs to the mother, unless she has been enlightened by her doctor, that there is such a thing as a floor current in a room, and that in its insidious and unobtrusive way it has been getting in its fine work on Baby's bare legs. The draught from badly-fitting windows may occasionally account for an attack of bronchitis. If to gratify Baby's recently acquired interest in the outside world, he be placed at such a window, insufficiently clad or with the coverings of his chest saturated through with the secretions of the mouth—drooling—the current of air that blows in under the sash may cause a rapid evaporation from the chest, with its undesirable results.

Kicking the coverings off at night may sometimes explain "the mysterious way in which some children catch cold." The early part of the evening may be uncomfortably warm, but after the "very witching time of night," when churchyards do their yawning, the atmosphere becomes cooler, and this, together with the lowered heat production by the body during repose, causes a chilling of the surface.

Certain irritants in the atmosphere of a room, as, for instance, the coal gas that escapes from a defective furnace, are capable of exciting a congestion or an inflammation of the

mucous membrane of the nose, throat and bronchial tubes resembling a "cold."

The epidemic of influenza that has visited our shores each year during the past few years rather impresses us with the potency of some special germ in the causation of our winter colds. It will no doubt for the next few years continue to be a factor in our winter maladies. After that, judging from its past history, we shall hear no more of it for a time, and we hope a long time.

The symptoms of a common cold are so familiar to every mother, both from observation and from personal experience, that we will not occupy unnecessary space by dwelling on that part of the subject. The prevention of a cold resolves itself practically into the proper care of the child. The most precious inheritance parents can bestow upon their offspring is a sound body. With this to start life, the care of the progeny becomes very much simplified. It goes without saying that, when possible, a child during the first year of its life should be nourished on breast milk. When this is not feasible much will depend upon the judicious selection of a substitute for the maternal milk. Infant feeding is too broad a subject to enter into here, so we will refer the reader to the special articles on this topic that appear in *BABYHOOD* from time to time.

The child's dress should receive due consideration. The object of clothing is not to add heat to the body, but to so regulate the radiation of bodily heat as to prevent either physical discomfort or detriment. In cold locali-

ties a fabric that is a non-conductor of heat, as woolen material, is very necessary in order to prevent the too rapid abstraction of heat from the body. In hot countries, some heat-conducting material, as cotton fabric, is essential to favor the elimination of the surplus heat from the body. In a climate where the temperature variations are sudden and extreme, like that of New York, it is not unsafe to wear a garment of wool next to the skin throughout the year. In the warm weather the material should be light in weight and partly wool. During the winter, it should be thick and all wool. A knit garment is preferable to one closely woven.

The protection of the feet is a matter of special moment. "Keep the feet warm and the head cool," is an adage worth remembering. The feet should always be kept dry. Cashmere stockings, heavy or light in weight, according to the season, constitute the most desirable covering for the feet. When they become damp, either with perspiration or otherwise, they should be removed, the feet rubbed dry, and a fresh pair put on. Some children perspire freely about the feet and a change several times a day may be necessary. The sleeping garment for young children may be made of Canton flannel, with the legs longer than the child's legs and closed at the bottom. The feet will thus be protected should the bed coverings be kicked off during the night, as is very often the case.

The temperature of the sleeping-room should not be below 60° Fahr. nor over 72° Fahr. During the hot spells of summer it may not be possible to maintain a

temperature of 72 or thereabouts. Lighter coverings and a free circulation of air, will, however, make the sleeping apartment more comfortable. In the spring and fall, when the furnaces are not going, the temperature of the room may be just right in the evening, but becomes considerably cooler towards morning, so that there should be sufficient covering on the crib to meet this change in temperature. When the weather is not damp or intensely cold, a child should spend the greater part of the day out in the open air. The child that has become accustomed, from infancy, to a daily outing, is much less likely to catch cold than the one that is housed all winter to prevent his catching cold.

The judicious use of the daily bath is a most excellent means of fortifying the body against colds. Through fear of giving Baby a cold, it is a common practice among certain classes to stop his daily bath early in November and not begin it again until April or May. Some of these mothers are venturesome enough to give Baby his bath once a week, whether he needs it or not. Such a

degree of hydrophobia may be all right in the Sioux Reservation, but in a civilized community it is, indeed, to be deprecated. There are two uses of the bath, one for cleansing the skin, and the other for its tonic effect on the body. For the purpose of cleanliness, two warm baths a week may be sufficient. As a tonic, a cold or cool sponge bath every day can be recommended. Babies should have their daily bath throughout the year.

Just after birth, the temperature of the bath should be 99° Fahr. As the child grows older, the temperature of the bath should be gradually reduced to about 90°. Immediately after the bath, the whole body should be rubbed quickly with a sponge soaked in cold water and then the towel applied. The application of the cold wet sponge need not occupy more than from five to ten seconds. The warm bath leaves the skin relaxed and "the pores open." The sudden and brief application of cold water afterward causes the skin to contract, and sets up a reaction in which there is a stimulation of the circulation and a general invigoration.



WHAT TO DO WHEN CHILDREN SWALLOW HURT- FUL THINGS.

II.

BY A. K. BOND, M. D.

Lecturer on Diseases of Children in the Baltimore Medical College.



AN attempt to remember the lists of antidotes to be given in each particular case of poisoning will simply confuse the mother and render her unable to act in a thoughtful way. It is best, of course, to have in the house, somewhere where it can be quickly found, a list of poisons and their antidotes which may be consulted in such emergencies. In the absence of such a guide a few plain rules or principles of action are useful. To empty the stomach, as has been described, is, of course, always the first, as it is the most natural thing. Then, if the patient remains weak and with cold limbs, warm bottles or bricks to the limbs and spine and hot flannels or mustard plasters to the stomach, with quiet rest in bed, are beneficial. If the breathing becomes irregular or very slow and feeble it may be aided by careful intermittent pressure upon the chest to imitate respiration. Smelling of salts or ammonia will often aid in restoring a feeble patient. If the poison taken is opium, laudanum or morphia, which produce deep stupor, the patient must be kept awake by every means until the doctor comes, strong coffee and tea, grounds and all, being freely given.

When the substance swallowed is *caustic* or irritating to the mouth and stomach, the first thing to do is, of course, to produce free vomiting, or if vomiting has been produced by the

poison itself, to give luke-warm water which, being vomited, will wash out the stomach. If the nature of the poisonous substance is not known or if the mother cannot think of an antidote, it is best to give as quickly as possible drinks which will soothe and protect the walls of the stomach from the irritating action of the poison. The handiest drink of all, and one of the best, too, is milk or cream. Sweet oil and linseed oil are also good. Raw eggs, beaten up, are both oily and soothing. Flax-seed tea, barley-water and rice-water at the temperature of the room are pleasant to the irritated throat.

In certain cases we may give antidotes, even before administering emetics, as some of these poisons are extremely quick in their fatal action upon the body.

Phosphorus poisoning differs from all other forms, since in its treatment oils are positively harmful. After vomiting is secured the best antidote is a large quantity of calcined magnesia (the common magnesia or "Husband's magnesia" which is kept in the nursery as a gentle aperient for babies) mixed with water. Then flax-seed tea or barley-water may be given. *Phosphorus* poisoning may result from eating match-heads. The writer recollects one case in which a child was poisoned by eating cake which had been carried in the pocket with a lot of matches.

If the poison swallowed is an *alkali*, such as ammonia, soda, potash or lye, acid substances—vinegar or lemon-juice—will neutralize it. If it is an *acid*, such as sulphuric acid, nitric acid, muriatic acid or oxalic acid, then alkalies—soap suds, bread soda, magnesia—will neutralize it.

Carbolic acid is not really an acid. It benumbs the stomach so that vomiting can with difficulty be produced. In poisoning with carbolic acid, or creosote, oils are usually recommended, as milk or sweet oil. It is now believed that epsom salts is the best antidote, and if this is in the house it should be given quickly, a teaspoonful or two dissolved in a cupful of water to a young child and more to older children. If it is quickly vomited, so much the better. Of course it would not do to use it too recklessly, as the child is in many cases too weak to endure violent purging. It should be remembered that in many cases where children have swallowed irritating or caustic liquids, very little of the liquid has reached the stomach, most of it having been spit out as soon as it began to burn the mouth. Liquids of this class do much more harm to an empty than to a full stomach, so that considerable quantities may be taken shortly after a full meal without great injury. Recently, the writer was called to a child whose father had given him half a teaspoonful of pure carbolic acid in mistake for medicine. Fortunately, the little fellow had just had his bottle of milk, and although the writer was some time reaching the house with a stomach pump—the efforts to vomit him having all failed—no serious injury resulted, the car-

bolic acid having doubtless become mixed with the milk, which thus protected the sensitive walls of the stomach.

Every patient who has swallowed a caustic should receive careful attention from the family physician, for ulceration of the throat and stomach of a very serious nature are liable to result from the action of the caustic, even though the child suffer but little pain at the time of swallowing.

It will be seen from what has just been said that, while the duty of the physician in a case where a child has swallowed a hurtful liquid may be very perplexing, the duty of the mother while awaiting the physician's arrival is very simple. First, an antidote if it can be remembered and is close at hand; second, emetics until the stomach is thoroughly washed out; third, drinks to protect the walls of the throat and stomach if the poison is irritating; fourth, measures to prevent faintness or too great stupor as the case may be.

Milk, eggs, oils, and mucilaginous drinks, such as flaxseed tea and rice or barley water, are good in every case except in phosphorus poisoning, where oils are harmful but mucilaginous drinks are helpful.

Down the Wrong Way.

It very frequently happens that children, while eating, get drops of liquid or particles of food into the upper part of the air passages; the vocal chords, however, instantly close, and a paroxysm of violent coughing drives out the offending substance. More serious accidents of this sort usually come from the habit which some children have (and from which

some grown folks, we are sorry to say, are not free) of putting all sorts of things—small coins, buttons, pins, needles, beads, pebbles, seeds of fruit, grains of corn, etc.—into the mouth, as a sort of extra pocket or third hand. The child forgets that there is anything in his mouth, and with a sudden inspiration, as in laughing or coughing, the object passes into the windpipe.

The treatment of such a case depends upon the supposed position of the object in the windpipe. If it is lodged in the larynx and has not passed below the vocal cords, there will be loss of voice or a whistling voice, violent coughing and great distress on the part of the patient, who may quickly become unconscious. As long as he remains conscious the cough and other symptoms will be continuous, the patient clutching at his throat in the vain effort to remove the hindrance to breathing. In such cases the mother's duty will be to turn the child, with feet up and head down, and to shake him violently, striking him with moderate force upon the shoulders and back, and even passing her finger far back into the throat and larynx in the effort to loosen any object stuck in these passages. If these efforts fail, the case is one for the surgeon. It is possible that by opening the windpipe he may restore a patient apparently dead, and efforts on his part should be kept up for a considerable time.

If, without removal of the object, the paroxysm of coughing and distress passes away, and the child is moderately comfortable until some movement or excitement brings on the

cough and distress again, it is very probable that the object has slipped between the vocal cords and gone down into the lower parts of the windpipe. In this case the child should not be turned upside down nor shaken, as this might cause the object to fall back between the vocal cords and produce immediate suffocation. It is best to let the patient remain perfectly quiet until the doctor comes. In all probability an opening into the windpipe must be made before the object can be removed. Until this is done the patient is in constant peril of sudden suffocation, as a fit of coughing may at any moment suffocate him.

A very odd illustration of the theme before us occurred some time ago in England. An enterprising small boy was playing with a penny-whistle, when the whistle part came loose and disappeared down his throat. He felt somewhat uncomfortable and reported the accident to the family. A doctor was sent for and searched the throat in vain, coming to the conclusion that the whistle must have gotten up into the back of the nose. After some hours the youth who still seemed to have something the matter with his breathing apparatus was sent off to a city hospital. On the way there he discovered that by breathing in a certain manner he could blow the whistle, and he amused himself and the passengers by tooting at them. After reaching the hospital he became worse, and an operation showed that the whistle was far down in the windpipe, several inches below the vocal cords. Although the boy seemed quite at his ease after swallowing the

whistle, it is almost certain that it would have killed him in a short time if the operation had not secured its removal.

In case caustics swallowed get into the windpipe, a physician's aid must always be sought as quickly as possible. About the only thing the mother can do in such cases is to keep the air of the room moist with steam from a kettle or pan of water on the stove, and to apply warm water on a sponge or cloth to the front of the neck.

Our subject is not always serious, it has its humorous side, for babies have very odd tastes and swallow very extraordinary things sometimes, as many a mother can testify. One such instance came to the writer's attention

a short time ago. The baby swallowed about half of her vaccination scab. The mother, who did not regularly read *BABYHOOD*, was dreadfully frightened at the accident—it was her first baby—and rushed at once for a doctor. All the doctors in the neighborhood were out on their rounds, so she was quite in despair. At last she met one on the street and stated the case to him. He laughed a little and told her to “go home and give the baby the rest of the scab, since she seemed to like it.” This was hardly fair, as vaccination scab is not nutrititious; and although its strength is probably destroyed in the stomach, it might have first vaccinated some sore place on its way down.



AN INFANT PRODIGY.

THE problem of the relation of mental precocity to normal and healthy physical development is one of perpetually recurring interest. How many a mother has been sorely tried by the conflict between her desire to push forward her naturally bright child, and her fear that by so doing or even by allowing full play to his own impulses, she may be endangering his health. In any individual child the personal equation must of necessity be so important an element in de-

termining the course of action to be pursued, that it is impossible to lay down any definite general rule which should be of great value in a given case. All that we can do is broadly to insist that the way of safety lies on the side of moderation and restraint, and to point out that not only the physical, but also the much-prized mental development of the child may be jeopardized by injudicious fostering of its early activity.

On account of this same disturbing force of “personal equation,” but little

of general value can be gleaned from any particular case of youthful precocity; and each such case, however extraordinary its character, must be regarded as an object of curious rather than of scientific interest. This preliminary caution is perhaps necessary, lest parents may be tempted to draw hasty and dangerous conclusions from the case of Otto Pöhler, which has recently been the subject of scientific investigation in the city of Brunswick, and has excited widespread comment throughout Germany. The facts of the case, which appear incontrovertibly established by the evidence, are briefly these:

A short time since a Mrs. Pöhler, wife of a butcher of the city of Brunswick, appeared before Dr. Birkhan, its sanitary commissioner, with her year-and-three-quarter-old son and the announcement that he could read. This surprising statement was forthwith corroborated by the youngster concerned, who, speedily possessing himself of some books that happened to be within reach, proceeded to turn over their pages, and to read here and there single words aloud from them. On examination the doctor and a number of his colleagues established the fact that mentally and physically Otto, except for an extraordinarily developed visual memory, was on a par with others of his own age.

This abnormal visual memory (*i. e.* memory for things seen, the type relied upon by the advocates of the sight method of instruction in reading) has enabled the boy to retain so well the images of the words, letters and figures that have come under his observation, that he can read smoothly and

correctly print and script, both German and Latin, as well as numbers of two places of figures. Already at the age of one and a quarter he had, while on the street, been observed to pay marked attention to the inscriptions on signs and to the contents of booksellers' windows; he paid the same attention at home to the books and newspapers that accidentally came into his hands. About all of them he asked for information. So, without the faintest suspicion on the part of those around him, he absorbed the images of words, letters and figures, and one day triumphantly pointed out in a newspaper his own name, Otto—a name, of course, which had previously been shown to him elsewhere. From that moment, the boy began to read all that he could lay his eyes on. The sight of a book or a paper in the hands of some one else would seem to affect him with a nervous unrest; his thoughts would forthwith turn to the coveted printed matter. So great is his innate desire to read—for innate it would surely appear to be—that the absence of advertising signs in the open cars of his city has often driven him into violent outbursts of tears.

Apart from his literary tastes and a strongly developed, but surely easily explicable, self-consciousness, Otto is in general behavior and conduct thoroughly babylike. In his diet he does not appear to differ materially from other German children; noticeable, however—and our cold-water friends are welcome to make what they can out of this—is a preference for beer and wine over milk.

The records of medicine present no parallel to this case of phenomenal de-

velopment in the direction of reading. The extraordinary craving for printed matter of all descriptions seems inexplicable on any grounds. The child's brothers and sisters are destitute of it, and evidences of inherited abilities or tendencies are lacking.

What the future of a child like this, who joins vigor of body to such exceeding brain power may be, is, of course, a problem of great interest. One is tempted to wonder what would have been his fate had he fallen into the hands of James Mill, who began the instruction of his son, the future economist, in Greek, at three years, and conducted it so relentlessly that before he was eight the young John Stuart—who had meanwhile found time to devour Hume, Robertson and Gibbon—had already read the whole of Hero-

dotus, Xenophon's *Anabasis*, *Cyropædia* and *Memorials of Socrates*, parts of *Lucian* and *Isocrates*, and six of the *Dialogues of Plato*; that is to say, vastly more than is required for admission to any, and far more than is taught in most, of the colleges of this country.

Those who look on juvenile precocity with suspicion or disfavor, may, perhaps, derive some satisfaction from the fact that young Otto's picture, published in a recent issue of *Über Land und Meer*, entirely fails to corroborate the roseate descriptions of him. He appears with an old wizened, strained face, extremely painful to look upon. Whether this be the fault of the subject or of the artist, we have, of course, no means of judging.

F. D. POLLAK.



THE MOTHER'S RECOMPENSE.

BY MRS. GEORGE ARCHIBALD.

THE mother's recompense for all her toils, sacrifices and anxieties is popularly supposed to consist altogether in the future fruits of her labors. She is generally represented as the tireless educator of the rising generation, getting no return now, except the consciousness of duty performed and the sweet self-denial of love. And some late writers have taken pen in hand to protest against the voluntary surrender of so much

time, thought and strength to the service of the unconscious young tyrants who thrive on the waning vitality of their self-forgetful mothers. These protestants fear that woman will be entirely absorbed in her motherhood; that the husband will be put aside by his child's claim, and feeling the loss of attentions due him, will prove less happy in his home and family; that the mother, as an individual, will suffer in attainment, will fail to reach her full stature as a woman, and by and by,

the reward of a self-offering zeal will be the pitying and patronizing forbearance of her overdone offspring.

These writers mean well, but they entirely lose sight of the fact that children themselves are a great educative force, acting upon the generation that bore them as effectually as they are acted upon by it. And there is, as a rule, no child who does not fully make return for all it receives.

It does not, of course, do this with conscious sense of the high purpose which has actuated its conscientious mother, but as the harvest springs up without volition, merely as the result of the thoughtful care of the farmer—his pains, his industry, and patient intelligence—so the child, not of choice, but of nature, responds to culture and care from his babyhood. Not with full harvest, to be sure, but with full promise, which is as grateful to the discerning mother as is the tender young blade to the hopeful farmer, and all the way along, more and more as the young nature takes shape and symmetry, it repays with full hand the hand that touched its first beginnings of possibility. But not only does the mother gain this daily recompense in the joy of all she sees and hopes, but she gains that which slowly develops her own own nature to higher thought and deeper experiences.

What mother has not stood over her sleeping child with remorse for the hasty reproof, shame for the betrayal of temper, a conviction that she has missed some opportunity that might have made the little one better or happier? What mother has not blushed as she recognized in the words of her

child the reflection of her own wrong thoughts carelessly expressed in his hearing?

Do we not sow the seed of our own dislikes, criticisms, uncharitableness in the hearts of our children who cannot be defended from the errors of our adult moods? And do we not with repentance and resolve lift ourselves to higher planes as we realize what our example will do—what it has done? In ways like this, known to every mother, the unconscious monitors who are growing up around us do for our development of character all we hope to do for theirs. The hasty words repressed, the sudden exercise of self-control, the exercise of patience in the cares of motherhood, the earnest daily endeavor to be all that we want our children to be, is not this one of the best recompenses of motherhood? Does any mother lose in character who learns as good mothers learn?

Nor will mental faculties suffer when the bright young people begin to ask questions. For the just claims of right answers will bring into use such judgment, selection of words, such thought and research, as will open to the mother new fields of activity and bring to mind old lessons out of the neglected past. "I am reading Virgil with my son," said a mother not long since, "and I feel as enthusiastic as he does." "I am studying English History," said another mother. "My oldest girl has such a love for it and comes to me so constantly with her lessons that I had to do it or fall behind her; I could never consent to *that*!" These examples represent thousands of mothers who are turned back to the studies of their youth by the com-

panionship of their children, and who take up these studies with the real spirit of the student and the ripened comprehension of maturity. As for spiritual truth—who has never been turned at some time of life to better thoughts by the voice of a child? What a consecration to higher living comes to the mother by the laying on of the hands of her baby!

Those who deplore the narrow sphere of the woman who is mainly a mother need not fear. Of her motherhood she will learn a better wifehood and womanhood, and she has rewards that the children know not of. The true woman has in every phase and every period of her motherhood her satisfying recompense.

And the mothers who have no lofty or wise apprehension of their responsibility? These also have their recompense—the awful return of slighted duty. In the lack of loving gratitude, in the growth of wicked passions, in the bitterness of disrespect they find daily the fruits of their self-indulgence, weakness and indifference.

The mother's recompense is sure. It may come through toil, pain, joy, sorrow, affliction, but according as she accepts her child and its care as the best gift of God, or tries to escape the burden of her duty, she will attain the perfect strength of symmetrical character or dwarf and harden into the ill-proportions of distorted selfishness. In either case it is her recompense.



NURSERY PASTIMES.

Finger Talk.

The black-board is a source of great amusement and profit to the little people, and particularly those of an age to be taught reading. Nevertheless, they tire of writing on it after a time, and even the absurd pictures of impossible cows jumping over moons of quaint design lose their interest for the time being.

During stormy days I have hunted

the attic and racked my inventive brain for a plan whereby these active young creatures might, without check to their pleasure or profit, remain occupied in a way which would cause no great noise; for noise means headache, and headache means "a cross day" and generally upset calculations.

While looking in Webster's Dictionary, my eye was caught by the cut representing the signs used for letters

by the deaf and dumb, and an idea occurred to me at once for using this alphabet in the direction I had been thinking about. There are two of such alphabets, on page 1,960 of this dictionary, and they are probably printed in other dictionaries. The suggestion to the children that they learn to talk without sounds struck them as extremely "nice," and both the one-hand and the two-hand sets of pictures showing the various positions necessary to assume with the hands to make one's self thus understood were carefully and patiently studied until mastered.

Seated in their small chairs the young folks spent hours of silent interchange of thought (?) by this method, and became so much interested that I got a book from the library describing the very important work of the world which has been done by those who are deprived of the power to either hear the sweet sounds of the human voice or to utter them. There were also short sketches of remarkable people in this list of unfortunates, though many of them lived such cheerful, happy and useful lives that one hesitates to term them unfortunates.

Afterwards a trip to a local school for the deaf and dumb was made, and our young folks marveled at the quickness with which words were expressed by signs here. Their own slow and awkward motions hardly served to carry on any conversation; but they came away with renewed interest in the condition of others' lives, and I am sure that sudden inspiration of mine has led to thoughts and conclusions which will work an ever-widening influence for good in the future of the

little ones brought under its spell on that rainy play-day. Entirely aside from such a thought, however, the knowledge thus gained has led to many and many a pleasant hour of quiet to me and enjoyment to them.

CLIFTON S. WADY.

Somerville, Mass.

How I Solved the Music Problem.

I had thought it over and over in every light, but no way presented itself to give my two little ones a taste of music. I had never been proficient in music myself, but before my marriage I had had excellent instruction on the guitar and had improved my opportunities so far as nature's lightly bestowed abilities would allow. Now, my five-year-old boy and his two-year-old sister had only semi-occasionally heard a few bars of music in our quiet country neighborhood, not enough to be to them the advantage I so longed they should have. My guitar case was put away in a half-forgotten corner, for how could I, a farmer's wife, with but one servant, and she only measurably efficient, be expected to pay any attention to music? Besides, a slender income made me feel that I must do as much sewing as possible to lay aside sufficient for the education of these same children.

An idea came to me one day in an unexpected way. My sister with some friends had been dining with me, and the former was telling us of a reading club composed of young people who agreed to read some solid book for just fifteen minutes each day. The result at the end of a year in the reports entered was astonishing. How much can be done in "just fifteen min-

utes "multiplied by the number of working days in the year can only be found out by trying the experiment. One of my guests who always has suggestive ideas said suddenly: "Nellie, why don't you try that plan with your guitar?" She was herself a musician, so smile not, ye who think that music is only possible with two or three hours' practice each day.

I began the following morning, having long ago adopted that truism of Horace Greeley's for my motto, "The way to resume (specie payment) is to resume," and did not wait until I had finished a certain set of garments, or had done my fall fruit canning; for you can always observe that if you wait for everything else to be done first, the looked-for time never comes.

Every one who knows anything of music need not be told that after one's daily tasks are completed is not the time for careful practice. The muse is exacting and requires all the freshness and vim that one can command in the morning. Just here is the illogical part of my proposition, any one can spare fifteen minutes out of every morning, but I seldom stopped short of a half hour! Herein lies the advantage of these smaller instruments, guitars, mandolins, banjos, etc., always excepting, of course, the violin. One can *apparently* accomplish so much in a given time. They are charming accompaniments to nursery songs, or sacred music. They are not expensive to start with, and if they must be laid aside one can have the consolation of knowing that the work of years is not slipping away. Do not understand me to speak one disrespectful word of

the piano. It is most delightful when the performer has devoted years to it and can continue that practice. I have known some conscientious mothers who felt the loss that the absence of music in a household brings and began by taking piano lessons when along in their thirties. I have never known one to continue long or to attain satisfactory results. The piano is too profound to be trifled with.

But I wander from my little story. My fifteen-minute plan opened up the long-wished-for opportunity. Husband smiled and babies applauded, and I never missed the quarter of an hour or a little more from the day's many tasks.

To be prepared for the youthful voice that I hope will be able, in a short time, to accompany his mother, I bought a copy of Elliott's "Mother Goose Melodies" (price 50c.) a number of which I am learning, both words and music, like "Twinkle, Twinkle, Little Star," etc. Although set to music for the piano, any obliging guitar or banjo teacher will set a suitable and easy accompaniment for the smaller instrument, and few mothers there are who cannot sing enough to lead their own wee God-given choirs around the family hearthstone.

While this is by no means the musical opportunity I hope for later for my children, it is the best I can give them now, trusting that the sweet memories of our little home concerts will, in future years, be worth much to them, and consequently to me. Think you not so, too, all music-loving mothers? FARMER'S WIFE.

Play Made Useful.

Johnny hates to pick up his playthings. He will be helpful spasmodically, but cannot be depended on; so mamma, who has her hands full with the care of two smaller children, and who likes to see a tidy room in the evening, though lacking strength to always clear it up herself, has to devise some way to have fun out of it. She clears a table and says: "Now Johnny, pick up all the things on the floor and put them on the table and to-morrow we will play it is Christmas and these are presents for us." The idea is at once seized upon, and every little shred even finds its way by the nimble fingers to the table.

Then what fun in the morning to look the "presents" over! Mamma sits down with the little ones and passes comments upon the gifts.

Johnny laughs heartily over the "puzzle men," as the indescribable scraps are called, and when five or ten minutes are spent in looking at them, is very ready to be Santa's errand boy and put them in their proper places, while mamma mends and looks on approvingly. He can hardly wait for this good time, but shouts on waking, "Play it's Christmas morning." After a time, however, even that game becomes stale and then it is that the prize of a bright cent to put in his bank ready to spend for presents for the household another year, allures him on, or the fascination of loading his express cart and playing expressman is resorted to. Mamma finds a few suggestions such as these the best way to encourage him, as he is a little boy who is made most unhappy by the command YOU MUST.

P. C. H.



NURSERY DIET—BREAD, CRACKERS AND CAKE.

THE adulterations of bread, such as alum, sulphate of copper, ammonia, flours other than wheat, inferior grades of flour, damaged pease, ground rice, corn meal, etc., which, according to government reports, are used, should be sufficient to convince the most skeptical mother that, for nursery use, well-made home-made bread is infinitely preferable to

ordinary baker's bread. According to these same reports flour is rarely adulterated.

For many years the white flour of commerce was considered the most desirable, but during recent years, with the advances made in the study of dietetics, the nutrient value of the gluten of the wheat grain has become appreciated, and improved methods of milling have been adopted, which prepare

wheat in such a way as to rid it of the undesirable outer coats of bran, undesirable except in cases of constipation, when its use in flour is frequently advised as an intestinal stimulant. This process preserves the dark layer of gluten which, when remaining in the flour, changes its color from white to a brownish yellow. This gluten is a necessary constituent for the perfect food which wheat should be, containing all the elements which form muscle, blood and brain, being deficient only in fat, which may be supplied by the use of oat flour, in the proportion of a third; but for general use in the nursery there is little necessity for anything beyond a good wheat flour, supplying the necessary fat by the use of good butter.

For growing children who are restricted in a mixed diet, the whole meal, minus the outer coats of bran, is vastly preferable, as it supplies nutrients usually received by adults through other articles of food, and who may consequently, with less likelihood of ensuing difficulty, use bread made from the whiter flours of less nutrition.

Well-baked corn-meal bread may be used in fall and winter as an occasional variation, as it is heating, nourishing and easily digested, but care must be taken not to use it when freshly baked; in fact, all bread for the nursery should be at least one day old and thoroughly baked. Very few people of the present day realize, or will acknowledge, how much of indigestion and how many intestinal disorders are caused by the use of new bread, hot biscuit, etc. Their use should be strictly forbidden in the nursery, and well-made bread or cake is always im-

proved by being kept a day before using, care being taken to keep it—not wrapped in a cloth—in a perfectly dry covered box, tin being preferable to wood, as it does not absorb odors. Good bread should possess moisture, but not noticeably, should be of a yellowish white color, and have a sweet, nutty flavor. It should also be of such a consistency as to crumble very easily. Practical experience is the best teacher when endeavoring to reach these conditions.

The gluten flour advised above absorbs more water than ordinary starchy flours, and needs less yeast. Brewer's yeast, which gives a good flavor on account of the hops used, or good home-made yeast, are not undesirable, but in these busy days no one need hesitate to save time and trouble by using the commercial compressed yeast of deservedly good repute, as it answers every purpose. Scalded milk may be used for mixing instead of water, if preferred, but a very good bread may be made very easily, as follows, according to a recipe given by a cook who learned her art in Ireland. Her method reverses the usual directions in regard to the temperature of the oven, which, judging by the delicious results, is a very sensible procedure.

The ease with which the bread is made will commend it to the busy housewife. Begin in the morning:

Flour—3 qts. sifted in large bowl.

Salt—2 heaping tablespoonfuls.

Sugar—4 heaping tablespoonfuls.

Water—2 quarts, luke warm.

Yeast—1 cake.

Lard—2 heaping tablespoonfuls.

Put the salt, sugar and lard into the flour and rub the lard fine by crumbing

it lightly between the hands. Use warmed flour, especially in winter.

Dissolve the yeast in the warm water and pour it over the flour, mixing with the hands, then sift in gradually a quart or more of flour, adding until the dough can be turned out on the board, then knead lightly, from ten to fifteen minutes, adding flour until the loaf does not stick to the board. Put it back in the bowl, cover lightly and let it raise in a temperature of about 75° Fahr. for three hours. Then cut it in loaves and put into buttered pans, leaving it raise on the rack above the range for a half hour, when it will be ready to put into a moderately quick oven. After half an hour, as the bread raises in the oven, increase the heat slowly to the end of the time required to bake the loaves. The result should be dry, well-baked, evenly browned loaves of bread that still retain enough moisture to keep them as they should be. The art required to make good bread is certainly one of the most important cooking processes to which attention should be directed in the present era of reform in dietetics and household science. It varies much both in its digestibility and nutritive properties, just as it differs also in its physical appearance and chemical composition.

Coarse meal breads are unfit for the nursery, as they are usually heavy and indigestible. Bran, if ground very fine, may be used without danger, in cases of good digestion, but it is especially unsuitable for any child having a tendency to intestinal irritation.

Some idea of the proportions of nutrients in beef, oysters and flour, may be

gained from the reports of the Storrs' School Agricultural Experiment Station, Conn., where Professor Atwater, whose diet articles have explained much that has hitherto been but vaguely understood, is conducting experiments that will mark this era as an important one in domestic science in its relation to dietetics. He says that a quarter of a dollar invested in the sirloin of beef at 22 cents per pound, pays for one and one-seventh pounds of the meat with three-eighths of a pound of actually nutritive material, which would supply 1.120 calories of energy *i.e.*, heat to keep the body warm and 15 muscular power for work. The same amount of money paid for oysters, at the rate of 50 cents per quart, brings but two ounces of actual nutrients, 230 calories of energy. But in buying wheat flour at seven dollars a barrel, the 25 cents pays for six and a quarter pounds of nutrients and 11.755 calories of energy.

It is of importance that facts like these should be generally known, as this knowledge is one of the first steps toward the dietary reform. Points to remember in baking bread or in buying flour are that a good bread flour does not cake in the hand when squeezed. Kneading must be done lightly to keep the bread porous. The temperature for raising the sponge should be from 70° to 80° Fahr., not higher.

The time allowed for baking an average size loaf is one hour. The use of an oven thermometer is advised.

Flour should always be warm for best results in baking; a good plan is to keep constantly on hand, near the range, a bag or covered pan of well dried flour for bread, cake or biscuit.

The use of bread in the nursery may begin as early as twelve months if a sufficient number of teeth are present, which should be the case at this age. Good butter on the bread, spread thin, may be allowed at the same time.

In some form, bread or crackers should be given at each meal—*i. e.*, stale bread, with milk or without, zwieback, toast, soda, oatmeal, graham, gluten or educator crackers. These are all permissible when they can be chewed thoroughly, remembering that oatmeal and graham crackers belong to laxative foods, and should be used accordingly. For a sluggish circulation, graham crackers broken in milk make a very satisfactory supper.

The use of zwieback (twice baked bread) can be thoroughly recommended. It possesses the advantage of being more easily digested than ordinary bread.

The following recipe may be used for zwieback, although ordinary home-made bread will do as well :

Moravian Cake.

This is best when started in the morning, unless the last raising can be attended to very early in the morning. In that event, set the sponge about five o'clock the evening before, using one cup of potatoes mashed in one cup of the water in which they were boiled, one cup of sugar, one-half cake of yeast dissolved in a little warm water, with flour enough to make a thick batter. Cover and keep in a warm place (about 80°

F.); beat occasionally during the evening, and at ten or eleven o'clock mix in the batter one cup of sugar, three eggs and three-quarters of a cup of lard and butter, or all butter, a pinch of cinnamon and enough flour to stiffen, kneading it well into a dough that will not stick to the sides of the bowl. Leave it well covered in a temperature of 70° to 75° F. until early in the morning, shape into loaves or any form desired, raise for half an hour and bake in a moderate oven three-quarters of an hour, after spreading the cakes with a sauce made of a cup of sugar, hot water, a small piece of butter and enough cinnamon to darken the sauce.

The above may be used as bread, cake or toast. By cutting into thin slices and browning delicately in the oven, you have a delicious change in the frequently stereotyped nursery menu.

A word of caution should be heeded in the making of toast. It should be done in such a manner as to dry it thoroughly in the middle before browning takes place. Quickly-made toast is distinctly not allowable in the nursery.

A simple sponge or tea cake may be given occasionally, when used with moderation, to children over four in the form of lady-fingers, or as the ordinary sponge or tea cake made by the average cook. It must be well baked, not fresh, and should be just as light and porous as good bread should be, not noticeably moist, not rich nor full of fruit.

LOUISE E. HOGAN.





THE MOTHERS' PARLIAMENT.

Ginger Cake
as Medicine.

—I wish to give you my experience of the value of a ginger cake,

given me for a child with cholera infantum, by the late Dr. John For-
syth Meigs, of Philadelphia. My little
baby had been four weeks at the point
of death, and being away from my own
physician, I was obliged to call in the
services of a country doctor. Here,
by the way, let me tell those who do
not know it, that the above celebrated
physician told me that country doc-
tors, as a rule, understood children's
summer troubles and also typhoid
fevers quite as well as city doctors, as
their experience was generally in that
line, and that there was no reason to
doubt their knowledge. The only
thing is, that sometimes they are given
to the petty desire of concealing from
the mother the nature of the medicine
they give; but this is confined to a
class of physicians who have not mixed
much with the world at large and fear
their remedies may be copied, or else
their services not called in so fre-
quently. Every true mother ought to
know just what her child is taking, so
that, should the child again suffer
with the same trouble, she can at
once repeat the cure, without incur-
ring the danger of delay. A punctil-
ious habit of Dr. Meigs's was to read
over every prescription to the mother,
or nurse, if intelligent, and also to ex-

plain to her thoroughly her child's
trouble, so that she might not labor in
the dark.

But I am drifting away from the
subject in my mind when I began,
which was to tell you of a ginger cake
Dr. Meigs told me to make and let the
baby have, and which stimulated her
bowels and was the first thing she
seemed to relish. This most valuable
receipt is as follows, and should not be
left to a careless cook, but prepared by
a careful mother. It is called in Dr.
Meigs's book "Gingerbread for Sick
Children":

Two and a half pounds flour, $\frac{1}{2}$ pound
butter, 2 tablespoons of ginger, $1\frac{1}{2}$ table-
spoons of saleratus. Rub flour, butter and
ginger together, then add saleratus, with suf-
ficient molasses dough. Knead well, after re-
maining a short time in a cool place, roll it
out very thin, cut with a round cutter, place
them on buttered tins, wash them over with
thin molasses and water, and bake in a mod-
erate oven.

My child was just seventeen months
old, and I kept them constantly fresh
for her, as she would only eat a little
at a time. The country doctor I called
in was one of those who thought moth-
ers should be kept in the dark, but on
the whole showed much knowledge in
treating this prolonged case of cholera
infantum, and after a few talks with
Dr. Meigs, who came out to see Baby
when he could, I think he came to the
conclusion that if so learned a man

could explain his prescriptions it was foolish of him to be so mysterious.—
A. L. Toland.

A Little Girl's
Strange Case.

—The article upon
blindness in the
August BABYHOOD

has suggested to me to write an account of a very singular case of blindness of another kind, and of its successful treatment, which has come to my knowledge lately. Although BABYHOOD proposes to treat only of the cases of little children, and the young patient in this case is now twelve years old, the fact that her case is supposed to date from the age of two, will, I hope, make it a suitable one. At that age, this little girl was playing near a wood-pile, when a high wind blew it over, and she was buried under the logs. When rescued, she was found very badly hurt on the head, but as no after-effects appeared when the bruises were cured, no one thought of connecting the accident with the illness which occurred six years later. At that time it was noticed that her sight was failing. Next, her mind began to grow dull, until from a rather uncommonly bright child, who was a good scholar, and ambitious at school, she finally became so dull and torpid that, as her grandmother expressed it, she seemed like "a girl of putty." In the meantime, her general health had broken down so that she had almost perpetual nausea, often being unable to eat till the afternoon. She had also constant dizziness, and would vomit thick foam "like cotton-wool," so her grandmother described it. Once she threw up about a cup-full of blood. Worst of all, one eye became

gradually totally blind, and the other nearly so.

Before she was twelve this little girl had been under the care of five physicians, two of them being oculists of excellent standing in one of our New England cities. One of those treated her with no result for nearly a year. The other said to her grandmother, "If any doctor tells you that he can help this child, that doctor lies." She replied, "No one says so now," and he added, "No power on earth can do anything for her."

He explained further that her family must be prepared to have her die in convulsions at any time; that the nerve of one eye was entirely destroyed, and the other eye fast becoming as bad, and that the blindness was caused by an incurable brain disease which would kill her soon. Just as all hope was being given up, a friend advised that the child should be taken to Boston to try the mechanical treatment called the Vacuum Cure as a last resource. She arrived in September, and the doctor who uses this treatment declared, upon applying his apparatus to her spine, that she had had some severe injury which had produced a very serious spinal lesion. The grandmother, forgetting the accident of long ago, denied that there had ever been any injury to the child, but afterwards remembered the fall of the woodpile, and her new doctor felt certain that the injury then sustained was responsible for the subsequent illness.

The treatment of the child's spine was continued, and the effect upon her health was immediately apparent. She began to improve at once, and

after about eight treatments, the totally blind eye began to see.

In October, when I first saw her, the nausea and dizziness were gone, her appetite good, her mind bright again, her best eye very much improved, and the worst eye able to see the movement of my hands, when the other was covered. Two weeks later she could see the movement of fingers also, and I saw her twice take a doll's purse which was held up, without any uncertainty, or groping, and with her best eye covered.

Early in November the child returned home for want of means for further treatment and board. During the winter, the grandmother wrote that the child, formerly torpid and inert, was running and romping with her sisters, and full of mischief and fun, and the old lady said that she and her family were very thankful to the doctor for what she called "giving our girl back to us." The child also wrote a nicely written note, in which she said, "I was blind when I came to you."

In March and April I was able to arrange for some more treatments, nineteen in all. Further progress was then made, but not in proportion to the beginning. Before she went home, she could see well enough to distinguish an eye-glass in a card photograph and remark upon its being worn without her attention being called to it. This was obviously a great change from her state before treatment, seven months before, when she was habitually led like a blind person. I have learned all of the above details from the child's grandmother. I have received lately a note

from the little girl in which she says: "I am well, and for the last three weeks, my eye that was blind has improved quite a good deal." It was dated July 12, 1894.

This case of the treatment of the eyes through the spinal nerves is, I believe, quite original, and will therefore be interesting to the medical readers of *BABYHOOD*.—*Alice Parkman Carter, Boston.*

That Good

Little Girl.

—If Eve was to be
envied because her
husband had never

had a mother, none the less were that lady's daughters to be envied because their mamma had no good little girl to bring up to them. Why is it that mothers cannot remember how their own young lives were rendered a burden by this same good little girl, and refrain, in consequence, from visiting her upon the next generation?

She has never yet effected any good as a good example, this tiresome small person; on the contrary, it is to be feared that she has been the means of producing an incalculable amount of harm; but all the same she continues to exist, and mothers who had their own young lives darkened by her use her as a mar-joy for their little daughters without apparently experiencing the slightest twinge of conscience. Although perfectly willing to admit that doses, either allopathic or homeopathic, of that little piece of perfection who was contemporary with their own childhood never did them the least atom of good, and that, of all their youthful neighbors, she was the one they liked least, they keep up the old system of disagreeable dosing,

when, if they did but know it, a bad little girl would answer their purpose a thousand times better. The Pharisaical spirit of which we are all more or less possessed is quite as strong in children as in their elders, and the little girl who is warned against becoming such a disgrace to her family and friends as is naughty little Sallie Smith, who lives just across the way, is far more likely to profit by such talk than would be the case were she exhorted to take good little Bessie Brown, in the next street, as a model of how to behave.

No writer ever understood child nature better than George Eliot, and in her description of the children of the Poyser household we find realism unsurpassed by Jane Austen in her sketches of grown-ups. For example: "Dey naughty, naughty boys," observed Totty of her brothers, "me dood." This small-sized Pharisee is but a specimen of her sex in general (from the pinafore period to that of caps and spectacles), and surely it is better to avail one's self of this spirit than to attempt, with not the slightest prospect of success, to put it down. Yet, the writer knew only one mother who acted upon such a plan, and although the result was all that could be desired in the matter of manners, the innovation was regarded by her orthodox neighbors as imprudent, to say the least of it.

However, backboards and tight lacing have at length gone out of fashion, and so there is room for hope that other useless and uncomfortable devices of women may follow, among them that bugbear of nurseries, ancient and modern—the good little girl who

now serves as a model.—*C. M., New York.*

Misplaced Confidence in Babies.

—In an interesting monograph on "The Development of a Child," published by the University of California, Mr. M. W. Shinn records these observations concerning a little girl's habit of putting things into her mouth :

"After she could grasp, everything went to her mouth for a time, during the sixth month and into the seventh ; but the habit declined perceptibly in the seventh, and thereafter gradually disappeared. At a year old, she rarely put things to her mouth, except to taste. A curious exception was that from the time she first had a chance to get at the ground (in the tenth month, 285th day) she desired to put sand, gravel or pebbles into her mouth in examining—whether to taste or feel I could not tell. This lasted certainly to the end of the year, if not longer ; and again in the eighteenth month she was for several days resolute to put gravel in her mouth, and disobedient about it ; this may possibly have been connected with the fact that her teeth were visibly troubling her. Early in the fourteenth month, after examining small new objects for many minutes with eyes and fingers, she would put them to her mouth, and was very persistent about doing it and disappointed when prevented. At the end of the twenty-first month there was for a few days a curious revival of the habit of putting various things into her mouth, and when pins were given her to stick in a cushion, or peas to shell, she would soon stuff

them into her mouth—an evidence how unsafe it is to trust to apparently fixed habits of babies in such matters, for no one can tell what unexpected whim will seize on a baby who ‘*never* puts things into his mouth,’ or ‘*never* touches the stove.’”

It seems to me this incident conveys a much-needed warning. Nothing is more common than to hear mothers boast of the trust they repose in their young children who, they say, may be safely left alone near an open fire place or kettle full of scalding water or a bottle of poison or a box of matches. Too many cases of burned or scalded or poisoned children prove that such a trust is often misplaced. One of the wisest men I ever knew used to say: “Never presume on the wisdom of children,” and I feel like adding—“nor on that of their elders.”
—X. Y. Z.

—I once heard a woman of fifty-three years tell her mother, an old lady of seventy-four, to “mind her own business!” Later in the day I heard the fifty-year-old woman’s young married daughter invite her mother to “mind *her* own business,” and I have several times heard the young woman’s little daughter of six years very pointedly and forcibly tell her mother to “mind her business.” Now if this isn’t heredity, what is it? It may be simply force of example, which is about as bad. These little pitchers have long ears, and if you, fathers and mothers, are disrespectful to your parents, your children will be disrespectful to you.

How often we hear it said of a boy,

“He is so like his father,” or of a girl, “She is so like her mother.” Do you pay heed to what it means for your child to be like you? Must the time come when your cheeks will crimson at the thought that your daughter is so like her mother or the boy is so like his father?—H. H. H.

A Convenient Domestic Process for the Artificial Feeding of Infants.

—The article on cereals in the October number of *BABYHOOD* has attracted my

attention on account of the valuable points in regard to the digestion of starchy foods. It is advisable, however, to call attention to one statement made by the author of the article in question, which is as follows:

“An extremely high and prolonged temperature is required to burst the starch granules, to render the food assimilable by the conversion of the starch into dextrine, which can only be done by heat or diastase, a substance found in growing grain and used in malt extracts, which explains their virtue when used in certain foods for infants and young children, an appreciable amount of force in the alimentary tract being saved.”

This statement might convey the impression that starch can be transformed into diastase by the ordinary process of cooking. This, however, is not true. It is impossible to secure a sufficient degree of heat by any wet process of cooking. Starch may be boiled continuously for a week without the production of dextrine. It does not begin to dextrinate until 250 degrees F. is reached and as it is impossible to run the temperature up to above 212 degrees F. by boiling, we cannot get dextrine in this way, but simply render the starch more soluble by bursting the starch granule.

A series of elaborate and exhaustive experiments were carried on under the direction of Dr. Henry Dwight Chapin at the Post Graduate Hospital and College to determine this matter definitely. Dr. Chapin held that it was necessary in most cases, especially in very young infants, not only to dilute cow's milk, but as he put it, "We still have facing us the old and difficult problem of how best to act upon the tough, leathery curds of cow's milk so as to make them most acceptable to an infant's weak digestion."

In the malting of barley two ferments are produced—diastase, which has the power to convert starch into maltose and dextrine—and peptase, which acts upon albuminoids. This fact suggested to me some years ago the use of maltine, not only as an addition to milk, but for the better preparation of starchy foods in feeding infants. The idea was elaborated by Dr. Chapin* and has been used successfully by Dr. Nathan Oppenheim† and others.

Experience has shown that the following recipe is easily carried out. If a double boiler is not convenient, use a tin can or cup inside a tea-kettle or stew pan.

Beat one heaping teaspoonful of flour with half a medium-sized coffee cup ($\frac{1}{4}$ pint) cold water until perfectly free from lumps. Add this to one and one-half cups ($\frac{3}{4}$ pint) boiling water in the inner vessel of a double boiler; stir well, cover, and cook for ten minutes by keeping the water boiling in the outside vessel.

Take out the inner vessel and set on table; add at once one and a half cups ($\frac{3}{4}$ pint) cold water; then mix in a scant half teaspoonful maltine plain and stir thoroughly with the same teaspoon, cover and let stand fifteen minutes. Then put the inner vessel back into the *boiling* water in the outer vessel and cook fifteen minutes. Strain and keep well covered in a cool place.

In case of diarrhœa, use two cups of boiling water instead of one and a half, cool off with one cup of cold water instead of one and a half, and allow to stand three minutes instead of fifteen.

This food should be mixed with fresh or pasteurized milk in equal proportions, unless otherwise directed by the physician. It should be prepared *daily*, and the instructions must be *strictly* followed, otherwise the maltine may not properly prepare the flour for the stomach of the infant.

Fine barley flour may be substituted for wheat flour.—C. C. Fite, M. D., New York.

* Report on these investigations will be found in the "N. Y. Med. Journ." for Sept. 16, 1893.

† See "N. Y. Med. Journ.," July 1, 1894.



NURSERY PROBLEMS.

Cysts and Probable Rickets.

To the Editor of BABYHOOD:

Our baby will be six months old within a few days. He is weak and emaciated, perispires freely about the head and neck, cannot sit, scarcely holds his head upright. When born he was well formed and proportioned, of medium size and weight. He grew rapidly in length, but became thinner every day. We did not know what could be wrong. We concluded his mother's milk was not as nourishing as it should be. We consulted our family physician, who recommended Nestle's Food in addition to his natural nourishment. When he was two and a half months old we noticed the development of a cyst on the left side, it was hard to judge whether cyst or rupture, or both in one. So we had an operation performed by a skilled hand. It proved to be only a cyst. The child seemed to be getting better for a time, after having substituted cow's milk for Nestle's Food. He had been troubled with costiveness from the very beginning. Cow's milk made that rather worse than better. So Horlick's Malted Milk was recommended, which has proved the most satisfactory so far. The cyst on the left side was opened twice, after which it disappeared of its own accord, having had a considerable quantity of liquid matter for the third time. Shortly after that another cyst appeared on the right side, which has not been opened as yet. We think it ought to be, but were advised rather to let it disappear of its own accord. Horlick's Malted Milk has to some degree regulated his bowels, but still he thrives not as he ought to.

(1) What is the cause of a cyst?

(2) How can the cause be removed?

(3) Would you advise a cyst to go unopened after it attains its ripe stage of bluish appearance?

(4) Is not the stale liquid matter liable to scatter over the whole system and cause eruptions in the skin? Our baby has always had a healthy skin, with all his other troubles, except after the disappearance of his first cyst, when he had a slight eruption over his body. His mind is developing satisfactorily, though his body seems to stand still. He is rather wakeful at night.

(5) What advice could you give us to improve the child? A.

Tower City, Pa.

(1 and 2) There are many kinds of cysts, and their causes are likewise many, and the discussion of these causes would take us into pathology quite beyond the scope of BABYHOOD. The removal of the causes is not always possible, and depends largely upon the nature of that cause.

(3) We have no knowledge of what kind of a cyst is in question. Cysts are often removed, not by opening, but by removal of the sac. When one gets to the advanced stage you describe there is often nothing else to do but to open it.

(4) If the "stale liquid matter" is pus it must be let out, but its dangers are less as regards the skin than as regards the system in general.

(5) It is impossible to give specific advice. It is evident that the child has been always badly nourished and is probably rhachitic. It is not evident that there is any especial connection between his general condition and the existence of the cysts. Above all things he needs careful and persistent care, direction as to his nutrition and to his general hygiene. Such a bad start is, of course, regrettable, but it is still possible to overcome its effects.

Suggestions for Enlarging Baby's Dietary.

To the Editor of BABYHOOD:

My baby of fifteen months has thriven thus far on her diet of oatmeal and barley gruel with condensed milk. She is remarkably healthy and happy, sleeps of nights, and follows all the rules I know of for regular habits, as advised by you.

I have met with the usual opposition from

older mothers and friends who ridicule these modern theories about rearing babies. They tell me Baby should, long before this, have been started on other food, should have eggs, hard-boiled, potatoes, bread and butter, and soups and chicken bones, and breakfast bacon. Will you advise me with what to begin, and tell me if I am right in waiting for settled cool weather before extending her range of food?

She has only ten teeth, which surprises me; but in spite of that "shortcoming," she is the healthiest baby in my acquaintance. She is fed at 7, 12 and 5 o'clock in daytime and another bottle is given in her sleep at 9 P. M. Please advise as to hours, also when I should begin the new food.

Chicago.

T. N. A.

You are entirely right in delaying until settled cool weather before making any enlargement of diet. The diet urged by the "older mothers" would, if given during the past summer, pretty certainly have given you a sick baby.

When you begin, begin with the soups and meat juices (to take the place of a bottle), and with thin stale bread lightly buttered. With cool weather, the remaining first molars will probably have come and finished out the twelve teeth. There is little use to give anything to chew before there are teeth to chew with. A chicken bone to gnaw upon will be admissible, very little meat being upon it. Do not give the eggs hard boiled, but soft boiled instead and not very often, until you have discovered whether eggs suit her, say twice a week, and watch the effect. Postpone breakfast bacon a couple of years yet. Baked potatoes, mealy, broken with a fork finely and slightly salted, may be given in cool weather if she has a good digestion. But potatoes are not nearly so easy of digestion as porridge of good cereals (oats,

or wheat) well cooked. These may be tried in cool weather.

It is perfectly true that some children of her age do eat the things recommended by these officious friends. But it is also true that few of them escape without very evident indigestions, which afflictions, and many more serious, these persons usually ignore or dismiss as troubles which "all babies have." You have done well to resist their meddlesomeness.

The Merits of Canton Flannel; Questions Concerning Diapers, Soap, Ammonia and the Protection of Legs.

To the Editor of BABYHOOD:

(1) Is Canton flannel any better than linen or cotton bird's-eye? How many folds is it advisable to use?

(2) How far need one be particular in the use of diapers that have been wet? How often would you advise just rinsing? What is the best method for getting them sweet and clean, when thoroughly laundered? Is soap harmful? Is ammonia good?

(3) My baby will creep this winter. Is there no comfortable way of protecting the little legs from draughts?

Springfield, Mass.

R. G. D.

(1) We think not. Tastes differ, but to our mind nothing is on the whole better than the bird's-eye cotton. It is convenient to make the napkin twice as long as wide. Folded once it forms a square which, folded diagonally into the required shape, gives four thicknesses. If a child wets much (and especially for use at night) a smaller napkin folded in a small square just to cover the seat and privates, is placed within the hip napkin, which latter, when properly pinned, keeps all in place.

(2) This cannot be answered exactly. In theory, of course, they should be

made clean every time they are damp. Practically, many napkins are simply dried if wet only with the watery urine of a young infant. As between rinsing and a more elaborate washing, everything depends upon the condition and the sensitiveness of the child's skin, but always lean very decidedly to the side of strict cleanliness. Laundry work is cheaper than medicine, to take another view of the matter. Both soap and ammonia are useful, and both should be well rinsed out. The ammonia of course will evaporate, but is better rinsed out at once.

(3) Various contrivances similar to the overalls of an adult, or to the combination night drawers of an older child, made wide enough to go over the child's clothing, have been described in our columns. Another device, very satisfactory to use and easy to make, is thus described:

"Take thin flannel of a light gray color and fold it with the smooth side out. Stitch up the sides within three inches of the top; hem or bind the leg-holes, making them just large enough to slip on easily over the feet; hem the top edges, and run in a ribbon an inch wide to tie at one side in a large bow. For a child of a year it should be about thirteen inches from top to bottom, and fifteen inches between the leg-holes. This creeper can be easily slipped on and off, will keep the dresses from being worn out or soiled, will allow freedom of motion and ease in creeping and playing. It will also be a protection when the child sits on the floor in cold weather. In Summer it is better to have a loose garment, cut like a trouser night-gown, to take the place of the child's dress and of the same thickness: for the string about the waist would be too heating."

The Symptoms of Rickets; The Best Sterilizers.

To the Editor of *BABYHOOD*:

(1) What are the symptoms of rickets?
 (2) Do you consider it necessary to sterilize milk in all cases where there is any doubt as to its purity? I refer particularly to milk delivered in cities.

(3) My physician advises me to use either the Arnold or the Freeman Sterilizer as the best. By explaining briefly the merits of both you will greatly oblige

Milwaukee, Wis.

R. T. S

(1) A certain tendency to undue fatness and corpulence, to sweating head, to slow teething, constipation, either alone or alternating with looseness of the bowels, are among the earliest signs of or lead us to suspect rickets.

More decided symptoms are certain enlargements at the junction of the rib bones and rib cartilages which together seem like a string of beads ("the rickety rosary"). They can be recognized by touch, and are sometimes tender; similar tender enlargements may be found on the skull bones, near the joints, etc. More advanced evidence of rickets are pigeon breast, curved bones in thighs, legs and arms or forearms, curvature of the spine, besides a multitude of other symptoms affecting the organs of respiration, of digestion, and the nervous system, but the earliest group of all ought to put the parent on her guard, and to make her suspect that the child's nutrition is not what it should be.

(2) Yes, if by doubt you mean reason for suspicion, and perhaps if you mean simply that you know nothing about its source or its cleanliness. With a few exceptions, the milk delivered in the morning in a city is a mixture of milk 14 to 16 hours old and milk 12 hours older still. It is an evidence of good management that the milk has remained as good as it is. But it cannot be usually said to be proper food for a young baby without sterilization.

(3) One may pasteurize with the Freeman Pasteurizer or with the Arnold Sterilizer. The latter may also be — and originally was — used for sterilizing at higher temperatures and for cooking. It is a matter of little importance which you have if you wish it only for pasteurizing child's food.

Average Weights and Measures; The Proper Pillow for a Young Child.

To the Editor of BABYHOOD :

(1) Will you kindly state your opinion as to the size of my children compared with the average child? The boy is just three years, weighs thirty-three pounds, and measures thirty-seven and one-half inches in height. The little girl is fifteen months, weighs twenty and one-half pounds, and measures twenty-nine and one-half inches. They were measured with shoes on, but wear spring heels.

(2) Is a feather pillow 20 x 14 inch. and weighing two pounds too large for a baby fifteen months old to sleep on? If so, what is the proper size?

Bucyrus, O.

E. C. M.

(1) Statistics regarding children in the first year and in the school age (five years and upward) are abundant, but for the interval they are scanty and, therefore, not very authoritative. But as far as these justify an opinion, we should say that your children were quite up to the average.

(2) A feather pillow is such a soft thing that it can be made to fit almost any person. We do not, however, like feathers, as they are hot and not a reliable support. A thin hair pillow is best, or the upper end of the mattress may be raised by putting a pillow under it. The thickness of the pillow should be such (and only such) as is sufficient, when the child lies upon its side, to prevent the head from dropping unpleasantly. It need not be tilted up. Many children do not care for any pillow, but ordinarily a flat pillow one and a half to two inches thick is about right.

CURRENT TOPICS.

Women's Health Protective Associations.

Health Protective Associations, with memberships entirely of women, are now common throughout the country. The good they have accomplished is recognized as of great public value. Their opportunity for public service is unlimited, but the educational influence of such organizations has hardly been recognized. Members are compelled to give attention to the sanitary laws; to the management of the departments; to the expenditures of public money appropriated to these departments; to the comparisons of the sanitary methods and systems of different cities, states

and countries. Dirty streets mean more sweeping and dusting indoors. Neglected ash barrels and garbage pails mean increased care for every housekeeper. Public nuisances maintained under the law or tolerated against it, mean public discomfort and ill health to a greater or less degree; and these affect the household, the realm of women.

Health Protective Associations would accomplish more effectual work in large cities if they were divided according to wards or election districts. The political heads of the wards or districts, as well as the political clubs, could be used effectively and effectually.

ally to accomplish the wishes of the association.

Wards and election districts differ in their needs, and it is reasonable to suppose that the members living in each district would have special interest and enthusiasm to overcome the evils that affected their home life most closely. This would bring the sanitary conditions of the public schools to the closer attention of mothers and sisters, and the result would be an increased knowledge of the schools among those now woefully ignorant of conditions in the schools which are often a disgrace. The heads of the branches would form the executive committee, and could call a meeting of all the members at any time, or arrange stated periods of time for public meeting. The cost of membership should be within the reach of every woman.—*The Outlook*.

The Darkened Room.

Dr. B. W. Richardson says that the first words of most physicians when they enter sick rooms in private houses should be Goethe's dying exclamation: "More light! more light!" It certainly is true that generally, before the doctor can get a good look at the patient, he has to ask that the curtains be raised, in order that the rays of a much greater healer than the ablest physician may ever hope to be may be admitted. If the patient's eyes are so affected that they cannot bear the light, a little ingenuity will suffice to screen them, and at the same time allow the cheerful light to enter. A dark sick room must be an uncheerful one, and now that it is known that

light is one of the most potent microbe killers, let us have it in abundance. Why should people behave as if they were quite sure the patient were about to die? In the matter of abundant light, hospital wards are more salubrious than most private sick rooms, for light not only slays bacteria, but cheers the mind. To account for "the darkened room" that is such an ordinary accompaniment of illness that it may be said to be firmly built into English literature, we must go back hundreds of years, when a patient who was sick, say on a "four-poster" bedstead, was tightly inclosed with red curtains—that color, through some unaccountable superstition, being thought to have an occult potency over disease. Old superstitions die hard, and it will yet require years of education and the united efforts of doctor and nurse to let in God's first-created gift to man to the rooms that it will warm and brighten and purify as nothing else can.—*New York Independent*.

Women of the Future.

I believe that improvement will be effected through the agency of female choice in marriage. As things are, women are constantly forced into marriage for a bare living or a comfortable home. They have practically no choice in the selection of their partners and the fathers of their children, and so long as this economic necessity for marriage presses upon the great bulk of women, men who are vicious, degraded, of feeble intellect, and unsound bodies, will secure wives, and thus often perpetuate their infirmities and evil habits. But in a reformed society, the vicious man, the man of

degraded taste, or of feeble intellect, will have little chance of finding a wife, and his bad qualities will die out with himself. On the other hand, the most perfect and beautiful in body and mind, the men of spotless character and reputation, will secure wives first, the less commendable later, and the least commendable last of all. As a natural consequence, the best men and women will marry the earliest, and probably have the largest families. The result will be a more rapid increase of the good than of the bad, and this state of things continuing to work for successive generations, will at length bring the average man up to the level of those who are now the more advanced of the race.

On the whole, then, it is probable that in the society of the future the mortality of males will be less, owing to preventive measures in connection with dangerous and injurious occupations, so that the number of marriageable men will be equal to that of women; add this, that there will be an increasing proportion of women who will prefer not to marry, and it is clear that men desiring wives will be in excess of women wanting husbands. This will greatly increase the influence of women in the improvement of the race. Being in the minority, they will be more sought after and will have a real choice in marriage, which is rarely the case now.

Broadly speaking, I think we may



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trust the cultivated minds and pure instincts of the women of the future in the choice of partners. The idle and the selfish would be almost universally rejected. The coarse and sensual man, the diseased, or the weak in intellect, those having a tendency to insanity or hereditary disease, or who possess any congenital deformity, would rarely find partners, because the enlightened woman would know that she was committing an offense

against society, against humanity at large, in choosing a husband who might be the means of transmitting disease of body or of mind to his offspring. Thus it will come about that the lower types of men, morally, and the physically diseased, will remain permanently unmarried and will leave no descendants, and the advance of the race in every good quality will be ensured.—*Alfred Russel Wallace, in the London Chronicle.*

TEETHING PERIOD.



In a child's life is an aggravation, so many disorders are incident to it. It would be a blessing to have children cut teeth with less suffering. By feeding babies with the

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Condensed Milk this result is within the reach of mothers. Years of experience prove its value.

Worrying Mothers.

Margaret Fuller once said "Never talk about your diseases." She might have gone a step farther and said, do not think about them. It is sound advice that we might all profit by, and be the healthier for it.

A young mother, of the anxious, nervous type, recently said, "I have been taking a course at the gymnasium this winter, not so much for physical benefit as for mental strength. Since my baby came I have done nothing but

worry, for fear he would die, as my other little one did. When asleep I was continually listening to his breathing, or feeling his little hands and feet, to see if he might not be feverish. Whenever the nurse took him out, I was in a state of anxiety over the weather till he came back, and when it was too pleasant for that, I was in a dread lest he be exposed in the street to some contagious disease. Mentally I was not happy, and to add to my trouble my child was ailing most of the

What do You Feed the Baby ?

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It should contain all the elements required for the perfect development of the child, and should also be very easily digested.

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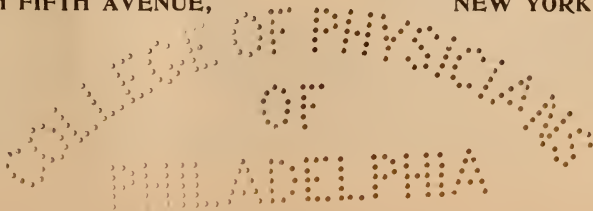
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Send for samples and literature. "Our Baby's First and Second Years," by Marion Harland, to those who mention this paper.

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time. One day I read an article in a magazine which stated that a mother's mental condition affected the child. It was a new idea to me, and it set me thinking. If it were so, I was responsible for my baby's ill health. The more I pondered over it the more clear it seemed to me that health was his birthright, and that I had taken it from him by reflecting on his sensitive little organism my anxiety and fears. A person's mental attitude cannot be changed in a moment, and although I firmly resolved that hereafter I would not worry, but would take best care of him I could, I felt that a gymnastic course might help me in this by directing my thoughts during certain hours

in a new direction. It has helped me, and my child has improved in health, and now he is round and rosy looking."

There are many mothers who might profit by this little woman's experience. For the most part they are young, and it is their first child, or it is an only child, for a woman with several to care for has not much time for individual worry over them.

In any case if the mother can provide wholesome surroundings, giving the best care of which she has knowledge, and seeking constantly to add to this knowledge in every possible way, she has done what she can for her child, and must trust to a higher power for the rest.—*The Household.*

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